

## The Joyful Christian Homemaker



She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her. — Proverbs 31:27-28

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# **What is a Christian Homemaker?**



Loraine awakens from a restful night's sleep at promptly 6:00am. She turns off her alarm, makes her bed as she's getting out of it, and sits down to do her morning Bible reading and to have some quiet time with the Lord.

Then, she goes to her well-organized closet, pulls out a beautiful cotton dress, and slips it on, with matching head covering. Next, she goes into the bathroom, and does her hair nicely, and puts a small dab of perfume on her wrists.

She then helps her younger children with their room chores, and then gets a delicious breakfast of whole-wheat pancakes, fresh strawberries, and milk ready for the morning meal.

Her children help her clean up the kitchen after each meal with no fuss; they do it together, and consider it fun.

Lorain's afternoons are spent doing cleaning chores with her children, working on personal projects, and home schooling.



Her evenings after dinner are often spent playing family games, taking walks together, or taking turns reading aloud from good books.

After Lorain tucks her children in for bedtime, she snuggles up to her husband, as he adoringly looks down at her, and tells her how much he loves her.

A Christian homemaker is a Christian woman who not only takes loving care of her husband, children, and house, but is also the element that makes her house a home.

A Christian homemaker has true joy flooding her heart, because she is living her God-given role, and she is confident about that role, because it is laid out in the Bible.

In the next chapter, we will look at two key scriptures that all Christian homemakers should strive to know by heart. These scriptures will reveal to you what the jobs of a joyful Christian homemaker are.

# **Key Scriptures for the Christian Homemaker to Live By**





“To be sober, to love their husbands, to love their children, To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.” – Titus 2:4b-5

“She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her.” –Proverbs 31:27-28

There are many scriptures in the Bible, Old Testament, and New Testament, which speak of the duties of the Christian homemaker. The above two will suffice for this chapter, but please take the time to use a good concordance or reference Bible to look up related Scriptures.

I believe that the KJV Bible is the inerrant Word of God. I also believe that *every* word in the KJV Bible is inspired. Because of my believing this, it has enabled me to study the Bible on a deeper level: Word-by-Word.

Let us take another look at the first key scripture:

“To be sober, to love their husbands, to love their children, To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.” – Titus 2:4b-5

From giving close heed to each *word* in the above scripture, we can conclude that the following are some of the duties of the Christian homemaker:

**-She is to be sober...**

This means she is not to become intoxicated, or abuse drugs. Soberness is also a state of mind. If we are not sober-minded, then Satan can manipulate us:

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.” -1 Peter 5:8

To be sober-minded, one must have wisdom. This wisdom needs to be Christian wisdom, not worldly wisdom:

“The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.” –Proverbs 1:7

### **-The Christian homemaker is to love her husband...**

What type of love do you have for your husband? Many women have the “feeling,” but do they show it via actions? You’ve heard the saying “actions speak louder than words.” Well, here is new and true saying: “Actions speak louder than feelings.”

This is partly why the KJV Bible sometimes uses the word “charity” when describing love. “Charity” does not merely mean ‘giving to the poor.’ It means love in action – love no longer functioning as a noun, but as an action verb, of sorts.

You may be “feeling” love for your husband all of the time – but does he know about it?

### **-The Christian homemaker is to love her children...**

All Christian mothers love their children, right?

Noun-love is something that is hidden to outside observation. Charity-love is love in action.

Are you feeling love for your children, while outwardly, your actions are saying “leave me alone,” “go play,” “can’t I ever get a break from you?” Where is the charity-love? This is the action love that says, “I want to teach you how I did that,” “I want to spend my days with you, because I love being with

you,” “I want you to grow up in the wisdom and knowledge of the Lord so that you can have the best life possible.”

Especially for those with young children, it can seem easier to just send the kids out to run about the neighborhood, or put them in front of the TV, while you get your cooking and cleaning done.

The way of charity-love would be to include your children in your chores and duties. Certainly, it is easier to clean out the refrigerator without little hands smearing the jelly drips you are trying to wipe up. But you know what? It may not seem like it now, but those little hands will soon be big hands, and soon your children will be grown. What did you teach them while they were little?

Did you teach them about the Lord, via charity-love? Did you teach them to be joyful, wise, diligent workers for the Lord? Or did you teach them escapism, via TV, music, video games, eating junk food, etc.?

### **-The Christian homemaker is to be discreet**

There are many facets to being discreet, and certainly, a whole book could be written on just that alone. In this book, we will hone in on a few parts of being discreet.

First off, how do you talk? Is your voice loud, harsh, and unladylike? What types of words do you use in your every day vocabulary? Do you use gutter words, such as “zit,” “shoot,” “that sucks,” etc.? The Bible is clear that we are not to have any form of filthy communication:

“Put away from thee a froward mouth, and perverse lips put far from thee.” –Proverbs 4:24

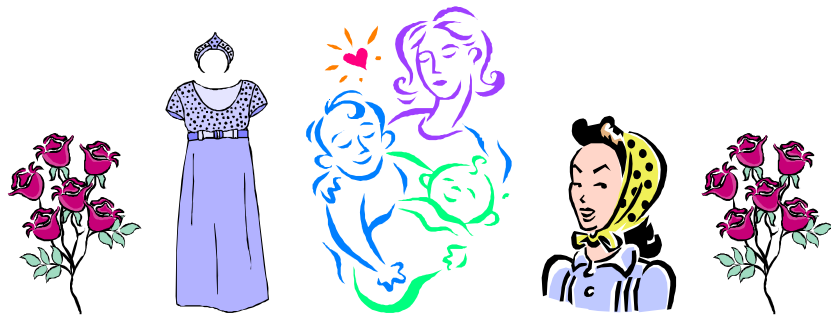
The tongue is a very hard thing to control:

“Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body. Behold also the ships, which though they be so great, and are driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth. Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth! And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell. For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind: But the tongue can no man tame; it is an unruly evil, full of deadly poison. Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. Doth a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive berries? either a vine, figs? so can no fountain both yield salt water and fresh. Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom. But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth. This wisdom descendeth not from above, but is earthly, sensual, devilish. For where envying and strife is, there is confusion and every evil work. But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace.” –James 3:3-18

Another key to being discreet is in how we walk and stand. Do you slouch? When you walk, is it lady-like? Always remind yourself to stand with good posture, and to walk like a lady. Do this even when no one is looking, for One is always looking (God). Furthermore, if you practice good posture and good walking all of the time (even when you're alone) then it will be a habit when you're not alone, and when you're possibly being an example for others.

Speaking of having a discreet appearance, do you dress like a lady? Sure, you probably dress like a woman, but do you dress like a lady? There is a difference.

If you don't wear dresses, try it. See how feminine you feel when you are wearing a beautiful, flowing, and feminine modest dress. While you're at it, style your hair in a nice ladylike manner, and place a beautiful head covering on. Notice how your whole attitude is different. Notice how you feel. There is something to it, isn't there?



Changing the way you look affects your attitude... Do you have a discreet attitude? Do you exude an attitude of being a saved Christian, full of joy? Or do you drip of being “overworked,” “tired,” or maybe even the “martyr?”

What type of expressions do you typically show the world with your face? Is it a smile, or is it a “leave me alone” glare? Christians are commanded to be a light for Christ. Does your attitude, speech, posture, walk, clothes, and facial expressions reflect you being a light for Christ, or “The frump-Woman from the Home Labor Camp?”

### **-Christian homemakers are to be chaste...**

According to <http://www.dictionary.com> “chaste” means – ‘Morally pure in thought or conduct; decent and modest.’

I'd have to say that I find this definition accurate to what the Bible teaches us about being chaste. How is your thought life

and conduct? Remember, it is not enough to speak with pure lips, and act discreet, one must also have chaste thoughts:

“But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.” -1 Peter 3:4

“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;” -2 Corinthians 10:5

“These six things doth the LORD hate: yea, seven are an abomination unto him: A proud look, a lying tongue, and hands that shed innocent blood, An heart that deviseth wicked imaginations, feet that be swift in running to mischief, A false witness that speaketh lies, and he that soweth discord among brethren.” -Proverbs 6:16-19

### **-The Christian homemaker is to be a keeper at home**

To be a keeper at home, you must be at home. You should not be running errands all of the time, or out “getting stuff handled.” Certainly there are days when we need to get groceries, pay bills, stop at the post office, go to the book store or library, but these days should not be the majority of our days. How can one keep their home, if they are rarely in it?

Home should be a place of comfort, joy, relaxation, and other good things. It should be a place that you take refuge in; your family’s own “world,” so to speak. Nothing can take the place of that sense of security the family gets when they come through the door, and mom is there to greet them.

Being a keeper at home is the main duty of a Christian homemaker in a nutshell. It means taking care of your

husband and children, cooking delicious and nutritious meals, and keeping the house clean and orderly.

### **-The Christian homemaker is to be good**

Ladies, we must watch our behavior. This also goes for our reactions to things we may see and hear. Being good means being a good Christian with a good attitude. Don't forget to apply biblical wisdom to your everyday life.

### **-The Christian homemaker is to be obedient to her own husband**

Notice that the scripture we are studying mentions the husband twice. We are to love him, and be obedient to him.

Being obedient to one's husband is hard for many women to swallow in today's world. Feminism is so internally steeped into the public school system and everyday life, that often when one hears "be obedient to your husband," they may picture a mindless slave, or a doormat.

To all good government systems, there is a type of hierarchy. This is by God's design, even though many countries have perverted that system. Proper hierarchies make for order and calmness to ensue. The Bible gives a hierarchy for the family unit as well:

"But I would have you know, that the head of every man is Christ; and the head of the woman is the man; and the head of Christ is God." -1 Corinthians 11:3

God is the head of Christ, and Christ is the head of the husband, and the husband is the head of the wife. Meanwhile, the wife is to train and direct her children when her husband is at work. When the husband is home from

work, the wife is still to train and direct her children, but to never thwart her husband's authority.

A physical way a Christian woman can show her submission to the Lord and to her husband is via the Christian woman's head covering:

"But I would have you know, that the head of every man is Christ; and the head of the woman is the man; and the head of Christ is God." -1 Corinthians 11:3

"But every woman that prayeth or prophesieth with her head uncovered dishonoureth her head: for that is even all one as if she were shaven. For if the woman be not covered, let her also be shorn: but if it be a shame for a woman to be shorn or shaven, let her be covered." -1 Corinthians 11:5-6



Certainly husbands are not perfect, and neither are wives. Your imperfect husband has probably made poor decisions in the past. Obviously you can discuss it with him (privately, and not in front of the children), and show him your point of view, but you are not to "lord it over him." The husband is the one ordained, via God's Word, to wear the pants in the family, not the wife. It's important that the chain of command be respected. This will teach the children to respect God as their authority when they are grown.



As we learn in 1 Corinthians, chapter 7, marriage is a picture of the relationship between Christ and the Church. The wife symbolizes the Church, and the husband symbolizes Christ.

As a rule: being right, or having the best course of action, is not as important as the peace in the household that ensues from submitting to God's way of doing things.

Many women think that since they are to submit to their husbands, that this means men and women are not equal. The Bible says otherwise:

There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus. -Galatians 3:28

Therefore, it's not about "equality," it's about roles. It is a way to solve disagreements, or avoid them in the first place.

God created men and women differently, therefore, they have different jobs to do in their lifetimes. Women are not the same as men, and when feminists try to obtain "equality," what they are really doing, is trying to make women like men, by getting women to follow the man's role, instead of the woman's role. In effect, feminism is actually masculinism.

If the thought of submitting to your husband leaves you with a bad taste in your mouth, then stop to consider what you are making it all mean in your head; how are you interpreting it?

Submitting to one's husband is a God ordained blessing. Wives were created to be their husband's help meets. Our husbands need us.

“She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her.” –Proverbs 31:27-28

Before continuing on, I’d like to quote an article I wrote on one of my websites:

### **Biblical Femininity**

Like most articles on a Christian Homemaker's webpage, Biblical Femininity is not only unpopular, but also politically incorrect. In this generation, feminism has been ingrained into most of us since our youth. What the world calls "feminism," is, in fact, women trying to be more like men - "masculinism."

The world tells us that women can have it all. They can have the power career, the husband, children, and home. Some women seem to live to rub their success in men's faces.

As Christians, we know it's our duty to follow not the world, but the very Word of God - the Holy Bible. The Lord willed that His Word be written, so that we can KNOW his will, instead of having to trust a "prophet," or high-church clergy.

*And the LORD said unto Moses, Write thou these words: for after the tenor of these words I have made a covenant with thee and with Israel. -Exodus 34:27*

*Now go, write it before them in a table, and note it in a book, that it may be for the time to come for ever and ever: -Isaiah 30:8*

*Thus speaketh the LORD God of Israel, saying, Write thee all the words that I have spoken unto thee in a book. -Jeremiah 30:2*

*Philip findeth Nathanael, and saith unto him, We have found him, of whom Moses in the law, and the prophets, did write, Jesus of Nazareth, the son of Joseph. -John 1:45*

*But that we write unto them, that they abstain from pollutions of idols, and*

*from fornication, and from things strangled, and from blood. -Acts 15:20*

***If any man think himself to be a prophet, or spiritual, let him acknowledge that the things that I write unto you are the commandments of the Lord.***

**-1 Corinthians 14:37**

*Write the things which thou hast seen, and the things which are, and the things which shall be hereafter -Revelation 1:19*

*And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful. -Revelation 21:5*

We can read the Word of God, and know God's Will for us.

### **How is a Woman to Behave?**

*The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; That they may teach the young women to be sober, to love their husbands, to love their children, To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed. -Titus 2:3-5*

Women are to be:

- Sober - both mentally and physically. Clear-headed.
- Love their husbands and children (which means they need to treat them with love)
- Discreet - the opposite of cattiness and gossip, which women tend toward.
- Chaste - both in dress and behavior.
- Keepers at home - this is the opposite of a career woman. It is the husband's job to work outside of the home:

In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return. -Genesis 3:19

- Good - doing what's right, even when it is inconvenient, humbling, or makes you look like a fool to the world.
- Obedient to **their own** husbands (not other's husbands, or pastors. Pastors are brothers in Christ, not bosses.) - the woman of today's world may find it distasteful to learn that it is God's will for her to submit to her husband. It is important to keep in mind that submission and obedience to one's husband does not mean the woman is less important. Men and women are equal, they just have different *roles*. The woman's role is what this article is exploring. The man has a much harder role.

If you struggle with obedience and submission to your husband, then you need to pray the Lord to help you. Perhaps you think your husband doesn't deserve your respect and submission. Do you deserve for him to treat you like a queen (as many women desire)? Probably not. We all do things we are not proud of, but as Christians, we are called in our walk to become more perfect each day. We are shedding our worldly selves, and transforming our lives to conform more to the life of Christ.

The book *The Secrets of Fascinating Womanhood* has helped to transform many women's lives and marriages from a mess of weeds to a beautiful banquet. That book is now available free, and is linked in the sidebar of <http://MyBlessedHome.blogspot.com> . That particular book is top in the list for a reason: what it teaches are truths, and they are highly important and transformative. Please take the time to read the book. Its potential to enrich your life and walk with the Lord is high.

- If we are not submissive and obedient to our own husbands, the Bible says we are then "blaspheming the Word of God." That is SERIOUS. No mention is made about if our husbands are right or wrong, whether they are walking with God or not, or whether they deserve to be obeyed. Just as long as he is not breaking the laws of the land, or the the Word of God, the wife is to submit, while being "good," - having a good, submissive, LOVING, cheerful attitude.

It is equally important that the husband honor his wife, else his prayers may be hindered. See 1 Peter 3:7. This tells us that it is not the wife's job to make

sure her husband falls in line. Let GOD take care of it. It is the husband's responsibility to honor his wife, and if he doesn't, let Lord work on him. As his wife, you are to pray, and be a model of a humble, submissive, and loving Christian. See 1 Peter 3:1

A woman should be the opposite of a man. Men have loud, deep, strong voices. Women should therefore speak more soft, and sweetly. Men, by nature, take charge, unless they've been beaten down, in which case he should be built back up - see the earlier recommended book. Women should never try to change their husbands, or nag them:

*It is better to dwell in the wilderness, than with a contentious and an angry woman.* -Proverbs 21:19

*It is better to dwell in the corner of the housetop, than with a brawling woman and in a wide house.* -Proverbs 25:24

*A continual dropping in a very rainy day and a contentious woman are alike.* -Proverbs 27:15

A man is strong and muscular - a woman should be soft and feminine (she should be strong as well, but she shouldn't use it the same way a man does - see Proverbs 31).

Throughout the Bible, we see that the distinctions between the man and the woman are opposites. When a man and woman marry, they come together - they complete each other. They are like two halves of one unit - this unit is not a doubling of the same thing, but two opposite halves, which come together and compliment each other.

After you've read *The Secrets of Fascinating Womanhood*, consider following that up by reading *Baptist Women Exalted*. That book goes into much detail on this principle, with a liberal sprinkling of firm Scriptures to back up each point.

## **A Woman's Appearance**

Men are to work "by the sweat of their brow," while women are to be "keepers at home."

Men are to lead and honor their wives, and women are to submit to and be obedient to their husbands.

TIP: Women desire to be loved - "Husbands, love your wives, and be not bitter against them." -Colossians 3:19

Men desire to be ADMIRER. Don't nag your husband, or try to change him. The changing is between the Lord and your husband, if any change is needed. Why did you marry your husband? You admired him. Look at his good side, and remove the magnifying glass from his faults. You have faults too. What if your husband set out to change you, and focused on your faults? Yet, wives do this to their husbands all the time. Give your husband the freedom to mess up. Admire him daily. TELL him you enjoy his muscles, his strength, his strong character, his efforts at his job, etc.

NEVER talk down about your husband to others. Women tend to go to each other for comfort, when they have a woe regarding their husband. When a woman speaks negatively to or about her husband, it creates a distrust in the heart of her husband. Even if he doesn't know you've been talking disrespectfully of him, he'll sense it from the way others will subtly treat him. Build your husband up when speaking with others.

"Every wise woman buildeth her house [family]: but the foolish plucketh it down with her hands." -Proverbs 14:1

When you admire your husband, so that he KNOWS you do, and when you build him up, instead of tearing him down, then he trusts you fully with his heart:

"The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life." - Proverbs 31:11-12

Forget about if he deserves it or not. Waiting for your husband to deserve your admiration is NOT love. True love is not a wage; it is never earned. Love is freely given, expecting nothing in return.

Since we've seen in Scripture that women are to have opposite roles and mannerisms from men, what about appearance and dress? The same

principle carries over:

"The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the LORD thy God." -Deuteronomy 22:5

There is to be a marked difference between the way women look, and the way men do. Women are to wear clothing that shows, without a doubt, that they are female.

"In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array" -1 Timothy 2:9

[Shamefacedness - humble, modest, not haughty. No "divas" allowed.]

According to the literal Greek translation of the above verse, a woman's "modest apparel" should be long and flowing; a dress. "Apparel" is from the Greek word "katastolē," which is a feminine noun, and means "a garment let down, a dress."

When a person is seen from behind, it can be revealed at a glance if that person is a woman, if she is in a dress.

The same goes for hair. Men are to have short hair, and women are to have long hair.

"Doth not even nature itself teach you, that, if a man have long hair, it is a shame unto him? But if a woman have long hair, it is a glory to her: for her hair is given her for a covering." -1 Corinthians 11:14-15

Covering = "to wrap around." This particular instance of "covering" is different from all the other occurrences of "covering" in chapter 11. All the other instances refer to something put on top of the head, such as a fabric covering.

The differences between men and women are not limited to just the physical, the roles, and the mannerisms. These differences carry over into the spiritual as well.

In the natural, the woman is to have long hair. In the spiritual, the woman is to wear a head covering:

"Every man praying or prophesying, having his head covered, dishonoureth his head. But every woman that prayeth or prophesieth with her head uncovered dishonoureth her head: for that is even all one as if she were shaven. For if the woman be not covered, let her also be shorn: but if it be a shame for a woman to be shorn or shaven, let her be covered." -1 Corinthians 11:4-6

*The natural subjection has to do with the fact of creation. The woman was created in a subjective position and the man in an authoritative position.*

*The Divine subjection has to do with God's purpose to teach the world concerning the relationship between Christ and His church.*

*Therefore, we see a double picture of subjection. One that is NATURAL and one that is SUPERNATURAL. The natural subjection was designed by God to ultimately reflect the supernatural.*

*Nature has established natural symbols for both the man and the woman to remind and teach them of their God given positions in the home and in society.*

*Doth not NATURE itself teach you, that, if a man have long hair, it is a shame unto him? But if a woman have long hair, it is a glory to her; for her hair is given her for a covering. (1Cor 11:14-15)*

*Long hair on a woman is her NATURAL symbol of submission, whereas short hair on a man is his natural symbol of authority. It is significant that in Scripture and secular history, that short hair on a woman has been a sign of shame (1Cor 11:6) and rebellion, and that long hair on a man has been a sign of rebellion (e.g. Absalom, Greek philosophers etc.)*

*The question is often asked "how long is long and how short is short." This question is quite simple to answer, short enough that it leaves no*



*However, God intends that more than this NATURAL order with its NATURAL symbols be displayed in His churches. In His churches, He intends that the SPIRITUAL order be displayed by Divine symbols.*

*The man is to remove his hat and remain uncovered while in the place of prayer and prophesying, whereas the woman is to cover her head with a veil or hat (1Cor 11:4-6).*

*Therefore, we have NATURAL and SUPERNATURAL positions with corresponding symbols to teach both. The natural symbol was given to the woman to ultimately correspond and point to the divine symbol that would be worn in the place of prayer and prophesying.*

*Therefore, Paul asks, Doth not nature itself teach you? When a woman refuses to wear the Divine symbol in the place of prayer and prophesying she is in rebellion against the very testimony, that nature has given her. Her hair "is given her FOR (Greek Anti, "like" or "corresponding to") a covering" (1Cor 11:15). Refusal to wear the divine symbol "is all one AS IF she were shorn" (1Cor 11:5) in God's eyes.*

*For if the woman be not covered, let her ALSO be shorn; but if it be a shame for a woman to be shorn (hair cut short) OR shaven (no hair), LET HER BE COVERED. (1Cor 11:6).*

*Quoted from the chapter called "The Symbols of This Position" from the book *Baptist Women Exalted*.*

A woman's spiritual head is her husband:

"Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body." -Ephesians 5:22-23

The woman's physical head is to have a covering over it, to symbolize the above spiritual truth.

Communion symbolizes how Christ died for our sins. Living water symbolizes eternal life through Christ. Christ is symbolized as a door. If we

open that door, we commune with the Lord for eternity. The marriage covenant symbolizes the marriage of the church to Christ. A woman's head covering symbolizes that she is under the Lord's authority by submitting to her husband. The angels see this power on the woman's head.

### **In Conclusion**

Don't take this author's word for any of the above. Take it all to God in prayer. Study the Scriptures.

#### **-The Christian homemaker is to not be idle**

If your idea of fun, is to sit around and “rest,” then maybe you need to look into how much idle time you have each day.

Granted, there are seasons in life where a wife must get more rest, such as when she is pregnant or ill.

The usual day should find the homemaker busy, working on projects to better the home, cooking, cleaning, training and raising her children, loving on her husband, etc.

Homemaking is never an idle job. It is one filled with work (and sometimes hardships) but it is also one filled with fulfillment, and the satisfaction of seeing the benefits of a job well done.

The homemaker takes care of her home, and those in it. She does it willingly, lovingly, and joyfully.

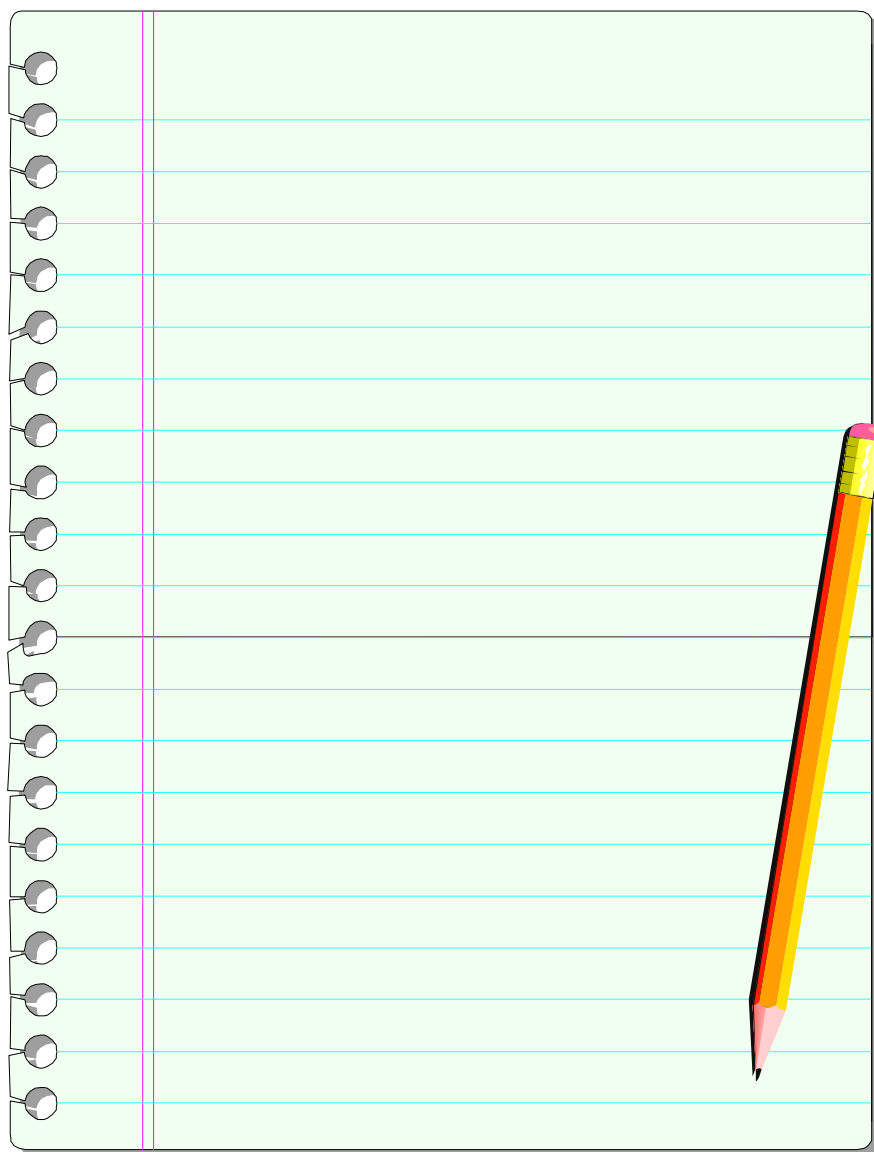
In concluding this chapter, I will list a few of the blessings of being a good homemaker, as taken from Proverbs 31:27-28

**-Her children love and respect her and “call her blessed.”**

**-Her husband compliments and praises her.**

**-She and her family are happy and fulfilled**

# **The Joyful Homemaker's Checklist**



The joyful Christian homemaker has priorities. They should be the following:

1. **God**
2. Husband
3. Children
4. Home
5. Personal growth

In order to keep peace and joy in the home, the homemaker should have some sort of list to refer to. If you don't already have an organized list of sorts, then you can use the following list, and change it to match your family.

- ❑ Take 15 or more minutes of quiet time with the Lord, and read at least 4 chapters from the Bible
- ❑ Put on a nice dress and head covering, and look pretty for your hard-working husband
- ❑ Cook a delicious and nutritious breakfast for your family – send your husband to work feeling good from eating a great breakfast
- ❑ Have a morning devotional with your family. Why not read the chapter of Proverbs that corresponds with the day's date, or use a devotional book, such as one put out by C.H. Spurgeon?
- ❑ Clean up the kitchen after each meal. Your children should help you, and have assigned table chores
- ❑ Have Bible study time with your children
- ❑ Cleaning chores – you and your children do assigned cleaning chores. Be a diligent worker, and work with a smile on your face.

- ❑ Make sure your children get baths or showers sometime today
- ❑ Make lunch
- ❑ Homeschool time – if you homeschool your children, enjoy it. 😊
- ❑ Exercise
- ❑ Quiet time for about an hour (you can get extra work done during this time, if needed)
- ❑ Dinner
- ❑ Family fun time
- ❑ Family read aloud time – pick out a great classic to read together as a family.
- ❑ Tuck in your children with bedtime stories, prayers, and perhaps singing
- ❑ Spend time with your husband – maybe you two should have a home date.
- ❑ Go to bed with a smile on your face, thanking God for the many blessings He has given you.

# **Have You Walked The Roman Road?**



This is the most important chapter in this book.

Pray to the Lord that He will give you clarity, while we take a stroll down the Roman Road...

It's a beautiful day, the sun is shining, and things seem to be going great.

The thought crosses your mind: If you were to die right now, and stand in front of God, and He asked you why He should let you into heaven, what would you answer?

Let's take a walk down the Roman Road to find the correct answer.

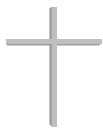
FIRST STOP – Romans 3:10



As it is written, There is none righteous, no, not one: -  
Romans 3:10

No one is right all of the time. No one is good all of the time, and no one is righteous all of the time. Are you perfect? If you are honest, you'll answer "no." Therefore, you are not righteous, are you?

SECOND STOP – Romans 3:23



For all have sinned, and come short of the glory of God;  
-Romans 3:23

No one is righteous, and everyone has sinned. The Bible tells us that no sinner can enter heaven. Sin is sin, no matter how big or small. An impure thought, a lie, coveting, etc., big sin or little sin – all have sinned. Why can't a sinner enter

heaven? The answer is because they have come short of the glory of God.

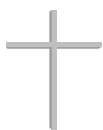
When a person sins/does wrong, they may try to “make up for it,” by doing good things. All of the good things in the world will still not get you to God. Sin is characterized in the Bible as a debt. You cannot pay the debt by doing the good works you *should have been doing in the first place*. You will keep falling short.

Sin is like dirty clothes. If you take clean clothes and rub them against dirty clothes to make the dirty clothes clean, it only makes the clean clothes dirty. Good works added with your sin only makes your good works stained.

So far, we’ve established that no one is righteous, all are sinners, and that sinners fall short of the glory of God. They can’t get to God by their own good works, because they can’t clean themselves up, so they cannot get to heaven.

The walk down the Roman Road looks dreary. You know you’re a sinner, and now you know that sinners cannot get to heaven. Let’s walk further down the road; I think I see a light...

THIRD STOP – Romans 6:23



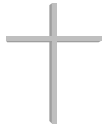
For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord. –Romans 6:23

In other words, sinners deserve the death penalty, which is the wage for sin. However, God wants us to spend eternity with Him in heaven, because He loves us more than we can know. He made eternal life in heaven a free gift. This gift is available only through Jesus Christ the Lord.



We will find out what this gift is, at the next stop on the Roman Road. Let's go...

#### FOURTH STOP – Romans 5:8



But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us. –Romans 5:8

God shows His love for us, via the gift. The gift is that Christ died for us. Remember that the wages of sin is death. God sent Jesus Christ to pay that debt for us. We did the sinning, but Jesus did the paying. Jesus Christ willingly suffered the penalty for our sins, so that we don't have to. The final stop on the Roman Road tells us how to accept that gift.

#### FIFTH STOP – Romans 10:9-11



That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For the scripture saith, Whosoever believeth on him shall not be ashamed. –Romans 10:9-11

When one accepts this free gift, they become a born again Christian. There are many people walking around, who call themselves "Christian," but they have never accepted the free gift of salvation. This means they are not saved from eternal damnation. They have not been born again into God's family.

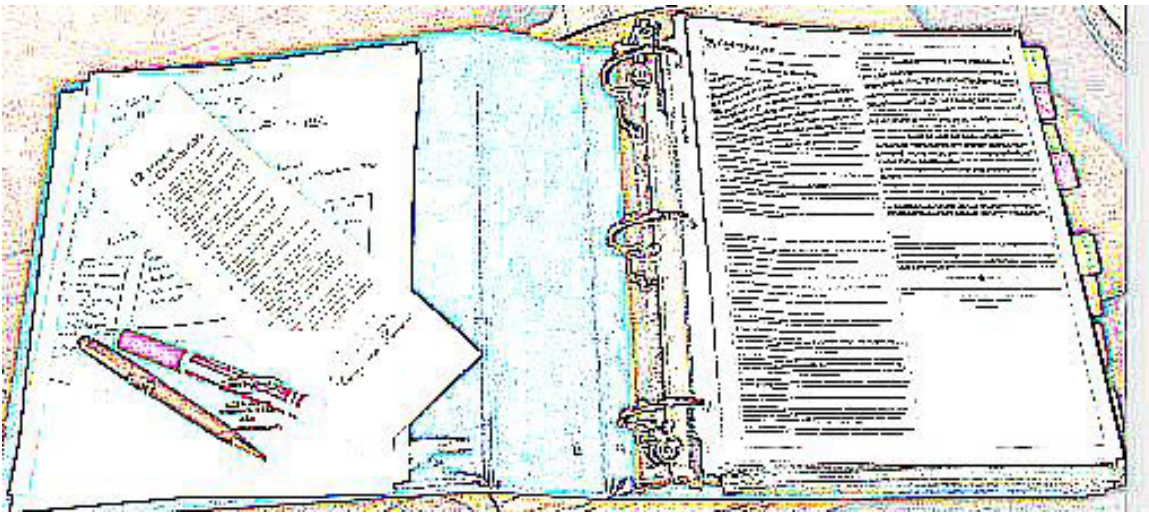
To receive God's free gift of salvation:

1. Realize that you have sinned, and fallen short of heaven. (Repent)

2. Accept Jesus' dying on the cross in your place, to pay for your sins.
3. Confess with your mouth, and believe in your heart that Jesus is Lord, and that He died and rose from the dead, to pay for your sins.
4. Tell God that you have accepted His free gift of salvation. Pray a prayer like the following:

Dear Lord, Thank You for sending Your Son to pay the debt for my sins, by dying in my place. I accept Jesus as Lord and Saviour, and I believe that Jesus Christ died and rose from the dead. Thank You for Your free gift of salvation, I gladly accept it, and receive Jesus into my heart. Please help me to live for You. Amen

# The Home Management Binder: The Housewife's Best Friend



*This is the day which the LORD hath made;  
we will rejoice and be glad in it. –Psalm  
118:24*

## What You Will Learn in this Book



*Organization is easy. You just need to get organized first...*

This book is intended to be helpful for Christian stay at home moms. It will hopefully prove helpful to anyone who is looking for more organization in running a household.

You won't learn how to snap your fingers and make your dreams instantly come to fruition. You also won't learn how to force others to bow to your will.

The properly organized Christian woman is a very happy and fulfilled one. She beams with joy, and her smile is bright. She is a living ministry to others; just by the way she lives her life. She is looked up to, and is a wonderful example for young ladies to learn from.

She has learned that by humbling herself, and living in accord to God's will, her life is blessed abundantly with a true joy that is not fleeting. Are you ready to become that joyful, organized Christian woman?

# What Is a Home Management Binder?



*It's like a brain in a book...*

Many mothers out there have prayed a prayer similar to this one:

*God, how can I be a better mother? It seems that I just can't keep the house clean, the kids are running wild, and I'm just too tired to cook nutritious meals, or spend quality time with my husband and children. Please help me.*

I've read testimonies of mothers praying this type of prayer, and of the answer they received. They received an answer similar to mine, when I prayed the same prayer.

That answer was organization.

It seems that for many people, the word "organized" carries the connotation of *OCD (Obsessive Compulsive Disorder)*, or of *uptight, unhappy people*. This is not the type of organization this book is going to discuss. This book will discuss the freeing (yes, freeing) power of having a Home Management Binder. You'll soon know the "trick" to obtaining complete organization, which can result in a cleaner home, happier environment, happier family, and a more restful, joyful you.

God has helped me and many others become happily organized, and I'm now going to share with you what I've learned. In the spirit of Titus chapter 2 and Proverbs chapter 31, I want to pass on to you some wonderful things I've learned thus far...

"... to be sober, to love their husbands, to love their children, To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed." –*Titus 2:4b-5*

"She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her." – *Proverbs 31:27-28*

A Home Management Binder is a simple 3 ring binder that contains vital information about the proper running of a home. It can contain things such as cleaning schedules for you and your children, menu plans and recipes, and maybe even exercise routines. Expect your Home Management Binder to be thick, and fun to put together and use.

So that you don't feel overwhelmed, the next several chapters will hold your hand, and lead you step by step, showing exactly how to make and implement your Home Management Binder.

*Is this going to be time consuming?* That depends on you. You can choose a few hours of one day each week to work on your binder, or you can start on your binder as soon as your children are in bed, and put in several hours on it, and get it all done at once. It all depends on your personality. Do you like to get things done right away or work on things little by little, throughout the day (or week)?

You don't have to wait until your binder is 100% complete before you implement it. You can start using it after you have just the first few sections set up. As you add a new section, you'll be able to integrate that section into your life. Each day you will become more and more organized, and get so much more done.

The Home Management Binder discussed in this book will have the following sections in it:

- Schedules
- Menus
- Cleaning
- Homeschool
- Children
- Budget
- Other Stuff
- Recipes
- People Contact Information



Your Home Management Binder is not going to be boring or ugly. It will be breath taking, beautiful, functional, and easy to use. In fact, if an emergency arises, and you need to have someone come over and watch your children, you can show that person your binder, and they can keep the household running like usual, via the help of your Home Management Binder.

The Home Management Binder has taken off like wildfire, and many stay at home moms all over the world are using one, or something similar to one. Simply go online to <http://www.google.com>, and do a search under the term "home management binder," and enjoy reading over the great information you'll get from that search.



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# What a Home Management Binder Can Do For You



*“Momma is so much more relaxed and happy now, and the house is clean and our meals are so yummy!”*

*Jessica couldn't believe the mess her house had become. Only a few days ago, she scrubbed just about everything, put away all of the stuff that wandered away from its home, dusted, cleaned mirrors, and the house looked great. Now it's in shambles. She has to step over toys, clothes, empty packaging, and even empty milk cartons. It's like a whirlwind went through her house. Everywhere she looks, it looks like a disaster.*

*Meanwhile, her children are bickering with each other, and yelling for mommy's justice to remedy a simple situation.*

*Her husband comes home at night as a grump, and stays that way until it's time for him to go to work the next day, or until he decides he needs to "get out for a bit."*

*Jessica is 30 pounds overweight, has tangles in her hair, is wearing stained sweat pants and a baggy tee shirt, and mourns that she just doesn't seem to have any time for herself anymore. She thinks upon the "good ole days," when she styled her hair, dressed nicely, and was able to keep her house in decent order: Before the children...*

*A pang of guilt stabs her in the pit of her stomach, as she remembers that God says in His Word that children are a blessing from the Lord. She should be thankful for them. She knows there is a better way, but she just doesn't know what to do. Silently, she stops her rushing around, drops to her knees, and pleads with God for help.*

*For stay at home moms, the answer can come in different forms. It could be a direct revelation from God, or it could be God bringing certain people, websites, or literature to their attention.*

*If you find some similarities between Jessica and yourself, then this book may be part of the answer to your prayer or yearning.*

With the proper implementation of a Home Management Binder, you can:

- Have a clean house, that is always “company ready”
- Lose weight, get in shape, or tone up a bit
- Provide a loving and restful environment for your husband and family
- Have the time to pursue your own hobbies
- Have children that are well-behaved and happy
- And you may just find that there is more to life than you thought, and that are you ready to grab the bull by the horns and enjoy the ride!

Picture This...

*Jessica created something called a Home Management Binder. She has begun to implement it, and has been amazed at all she can now accomplish.*

*Her house is cleaned (and is staying that way) and her children are playing quietly, and not bickering. Her husband now gives her a kiss when he comes home from work and comments on how delicious dinner smells. She’s lost her extra 30 pounds and dresses nicely. She again finds life exhilarating.*



Can a Home Management Binder really do this? No, it cannot. It’s just a thing - a tool. When the tool is properly calibrated

and used correctly, the person using it can expect fantastic results.

The Home Management Binder doesn't change you, or take over your life. It simply helps get you (and your mind) organized. Just like any good tool, if you don't use it, it can't possibly do a thing for you.

Can you picture yourself as the Jessica described above? Can you even fathom the possibility? If so, then you will succeed. You just need to make the commitment, and go for it.

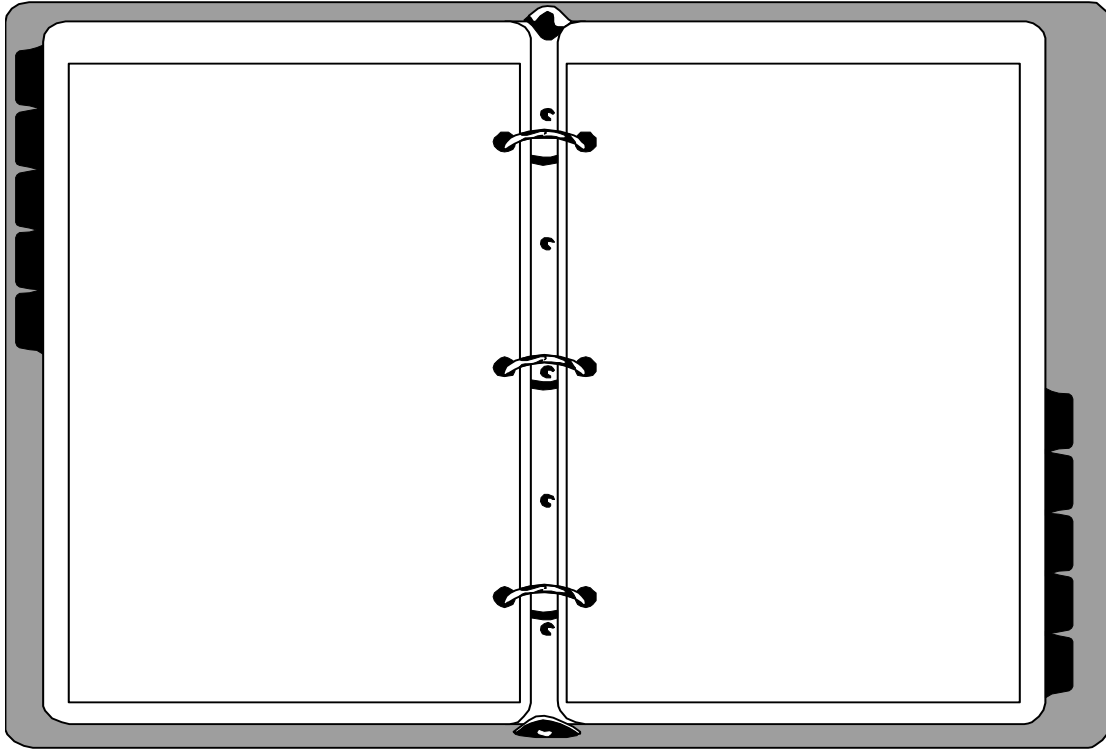
I think it's about time to get started. Are you ready? Set aside either a large block of time to get it all done at once, or set aside a block of time each day, (or once a week) to do this. Also, you may need to run to the store to pick up a few things. They won't cost much, and you should be able to get all of your supplies from the office section of Wal-Mart, or a stationary store.



Once you've decided when you can run to the store, and when you can start your new best friend (your binder), then you're ready to proceed to the next page. ➔

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# Let's Get Started!



*And all through the hours the quiet words  
ring,*

*Like a low inspiration, 'Do the next thing.'*

- Quoted from the poem "Do The Next  
Thing" - author unknown



First, you need a binder. Your binder is going to get thick. It's almost like a living thing; it will grow and change for the better as you implement it to you and your family. It will adapt as your family changes and grows.

I suggest your binder be the big three-inch-thick kind, and have a plastic cover over the front of it, so that you can slide a piece of paper into it, to show on the cover. If you are unable to obtain a binder like this, don't let that stop you. Grab what you can, and improvise.

Other supplies that will be handy are:

- ✓ Clear page protectors that can be put into your binder (The Avery and Office Depot brands are pretty good)
- ✓ Notebook paper, or general scratch paper
- ✓ A spiral notebook with holes in it, so that it can be put into the binder (This is optional, but great if you'd like to keep a journal in the very back of your binder.)
- ✓ Stick on index tabs that can be written on (like 3M Post-it # 686-PGO)
- ✓ A pen and pencil
- ✓ A dry erase marker
- ✓ A zippered pocket/pouch that is made to be put into a three ring binder to hold things such as pens and extra stick on tabs
- ✓ Little Post-its that can be stuck onto certain pages in your binder, should you need to leave a note for yourself

If you are unable to obtain everything above, don't worry about it. Whatever you do, don't make that an excuse to not continue on. Work with what you have, and be creative.

Hint: Don't aim for perfection, or you'll never jump in with both feet, and your binder will eventually fail you.

From this point on, if I mention one of the above listed materials and you don't have it, and cannot get said material,

then just use your creativity. Make it work with what you have available.

Now that you have your supplies ready, let's start the fun. First, a rule: You are not to work on the inside of your binder, until the outside makes you smile.

In order to fulfill that rule, you'll need to make the front cover of your binder pretty. If you are good at drawing, then you can take out a blank piece of paper, draw something beautiful and inspiring, and slip that into the cover of your binder. If your binder does not have a plastic pocket on its front, then consider decorating directly onto the binder, or gluing a paper onto the front, and decorating that. Get creative with it.

Many women opt for flowers, or a printout of one of their favorite art pieces for their cover. You could also use computer software to design a cover from clip art. If you like to do scrap booking, then you may want to put your skill to work in the design of your cover.

You'll know you're done with your binder's cover when you look at it, and it makes you smile.

The first thing to do inside your binder is to stock it. This simply means it's time to start putting in some of the supplies I mentioned earlier.

Put in some empty clear page protectors. Behind that, put in some loose notebook paper or some type of scratch paper. After that, put in your spiral notebook (optional, but suggested). In the front of your binder, put in a pocket/pouch that is zippered, and put in some pens, pencils, a dry erase marker, some stick on index tabs, some Post-Its, and maybe some postage stamps, etc.

The skeleton of your binder is now assembled, and you're ready to start putting in the organizational content.



From this point on, each time you make a page for your binder, be sure to put it in its own page protector.

You're off to a wonderful start. It only gets more fun from here...



*You're off to a good start! 😊*

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## The Schedules Section



*“To every thing there is a season, and a time  
to every purpose under the heaven.” –  
Ecclesiastes 3:1*

This chapter will guide you in creating the main brain of the Home Management Binder – the Master Schedule. After you have your Master Schedule made, it should be put into some clear page protectors. Then write “Schedules” on one of your stick on index tabs, and stick that tab to the first page of your schedules section.

The most important part of your schedules section is going to be your Master Schedule. Before we continue on, I should make it clear that you are the master of your Master Schedule. The Master Schedule serves you - you don't serve it. If you receive an unexpected guest, certainly you can drop your schedule and spend time with them, especially since your house will already be in such good order.

God is the Master of you. If you ever feel “stuck” on a portion of the schedule you're making, stop and ask for God's guidance. After you have your schedule made, show it to your husband for his approval. If there is a section of your schedule that your husband wants you to alter, then alter it. The schedule is supposed to bless you and your family, not bring distance.

Your schedule will be there to help you, not hinder you. It will be your helper and guide. The reason I call it a “Master Schedule,” is because with this system you will not need a different schedule for each day of the week. It will all be on one Master Schedule, and may even fit on one piece of paper. Even if you have different tasks for different days of the week, the Master Schedule will work for you.

### **Creating a Schedule that Blesses**

When someone says that they and their children run off of a Master Schedule, what's the first thing that comes to your mind? Is it:

*“I'm glad a schedule works for them, but I just can't do that. I wish I could.”*

You can, and this book will show you how. The “secret” is in the proper creation and implementation of the schedule.

Creating a schedule will help you find out where your day really goes. This is especially important if there are certain things you never seem to get around to doing each day.

You’re in control of your schedule, and what is in it. It is right in front of you, where you can see it, so that you can easily make decisions about what’s really important to you. It’s easier than you may think. This chapter will guide you step by step, and you’ll see how much fun putting together a Master Schedule can be.

### **There’s Good News**

Properly creating and implementing a Master Schedule for you and your children can bless you.

- You can have room for flexibility and spontaneity.
- You can get lots of things done, and still have time for pursuing hobbies.
- You can have a clean and organized house, which continues to stay clean and organized.
- You can get more rest.
- You can have more energy
- You can learn new skills and pursue new hobbies. – (Self Improvement)
- You can lose weight, get fit, and be healthy.

### **How My Schedule Blessed Me**

I’ve been using different types of schedules since I was a teenager. Then I grew up, got married, and had children. I realized (via prayer) that I had to change my scheduling system so that it included my children. I coordinated their ‘schedules’ into mine. I started scheduling read aloud times (these are in addition to the usual bed time stories), family Bible studies, family devotion times, home school times,

project times, training times, play times, and a bit of rest time for mommy.

My Master Schedule keeps me on task. I'm able to exercise, cook, clean, read, work on my website, make meals from scratch, play with my children, home school my children, spend time with my wonderful husband, teach myself new skills, and maintain a comfortable, clean, and organized environment in my home.

### **How to Make a Schedule that Blesses**

1. Write out a list of all basic, mandatory things that you need to accomplish each day. Here are some examples to help you start your list:

- Cook
- Clean
- Home school the children
- Shower and other hygienic duties
- Kid's baths
- Bible study, prayer, and devotions

Now write out another list. List some of the things you'd also *like* to implement into your daily schedule, if you can. For example:

- Exercise
- Reading
- Sewing/knitting/crocheting
- Gardening
- Family read aloud time

Write out the times that you usually (or would like to) get up in the mornings, go to bed, and have meals. For example:

- Get up at 7:00am
- Breakfast at 8:30am
- Lunch at 12:00pm

- Dinner at 5:30pm
- Go to bed at 10:30pm

Fill in the list of things you must get done, into your schedule.

TIP: Try to get the high-energy stuff done early in the day. You'll get more accomplished this way.

Below is a sample of the beginnings of a schedule:

- 7:00am – get up and get dressed. (Dress nicely, and don a beautiful head covering. When you look nice, it helps make your whole day nice, and your pretty appearance will bless your family.)
- 8:00am – make breakfast
- 8:30am – eat breakfast
- 11:00am – cleaning chores for the day
- 11:30am – make lunch
- 12:00pm - eat lunch
- 1:00pm –home school
- 4:00pm – cook dinner
- 5:30pm – eat dinner
- 7:00pm – bathe kids
- 8:30pm – shower
- 9:00pm - time with husband
- 10:00pm – get ready for bed, then personal devotional, prayer, and Bible study time
- 10:30pm – go to bed

Do you see how your schedule is starting to come together? Next, take a look your list of other things that you'd like to implement into your daily schedule. Take a look at the open time slots you still have in your schedule, and start adding items from your "would like to do each day" list into your schedule. Hint: Continue to schedule most of your high-energy tasks in the early part of the day. Here is a sample schedule with some "would like to do" things added:

- 7:00am – get up and get dressed.

- 7:15am – Sewing, or hobby time
- 8:00am – make breakfast
- 8:30am – eat breakfast
- 9:15am – family Bible study (read and study the Bible with your children)
- 9:45am – exercise
- 10:45am – quick shower-off
- 11:00am – cleaning chores for the day
- 11:30am – make lunch
- 12:00pm – eat lunch
- 12:45pm – get out supplies and prep home school
- 1:00pm – home school
- 4:00pm – cook dinner
- 5:30pm – eat dinner
- 6:30pm – family read aloud time
- 7:00pm – bathe kids
- 8:00pm – tuck in young children
- 8:30pm – shower
- 9:00pm – time with husband
- 10:00pm – get ready for bed, then personal devotional, prayer, and Bible study time
- 10:30pm – go to bed

### **What to Do With the Kids**

Now you have your schedule, but you may be wondering what to do with your children while you are cooking meals, doing your cleaning duties, exercising, and sewing/doing hobbies etc. This is why I suggest you schedule your children too. Here are some suggestions:

- Schedule your young children to do table activities such as puzzles, blocks, and coloring, while you are cooking.
- Consider having a cooking helper for each meal, alternating between the kids each day.
- Find a hobby for your children to enjoy doing, while you're enjoying your hobby.
- Have your children help you clean. Give them assigned cleaning chores. Young children can wipe down counters

and tabletops with a spray bottle of half vinegar and half water. This is a great cleaning agent, and is non-toxic. Your older children can vacuum, dust, scrub floors and swipe toilets.

- Have the children nap, or do some independent home school while you are exercising.

## **Implementing Your Master Schedule**

Here are a few tips: Consider the scheduled times as suggested times, and not mandatory times. Look at your schedule as a list of tasks, and mentally or literally check off each task as you finish it. If you wish to check off each task, then make sure your Master Schedule is in a clear page protector, and check off your tasks with a dry erase marker on the page protector. You can use a paper towel to erase the check marks at the end of each day.

If you're scheduled to get up at 7:00am, but were up all night with a sick child (or whatever the situation), and you over slept until 9:00am, then start your schedule there. You may need to skip your hobby time, and make a really quick snack-breakfast, but you can get yourself back on track. Unless it upsets your husband's schedule, don't worry if lunch and dinner end up being a bit late on some days. Sometimes you'll get your tasks done, but will be behind a half hour to an hour on your schedule. That is okay. ☺

Another option is to just pick up on your schedule at whatever time it is, and go with it. For example, if you woke up at 9:00am instead of 7:00am, then consider exercising while the kids are eating a late breakfast. Then eat a quick snack, and pick up on your schedule at the 11:00am cleaning time.

## **If You Have More Things to Do, Than There Is Time in the Day**

Write out a list of the things that have to be done each day, and then write out a list of things that don't have to be done



every single day. Find a section of your schedule, where you can alternate tasks in a certain time block, depending on which day of the week it is. Simply write in the initials for the day, and next to it, what the alternate task for the day is. Here's an example:

- 7:00am – get up and get dressed.
- ➔7:15am – M-F sewing / Sa gardening
- 8:00am – make breakfast
- 8:30am – eat breakfast
- 9:15am – family Bible study (read and study the Bible with your children)
- ➔9:45am – M-F exercise / Sa gardening
- 10:45am – shower off
- 11:00am – cleaning chores for the day
- 11:30am – make lunch
- 12:00pm – eat lunch
- ➔12:45pm – M-F get out supplies and prep for one on one home school time / Sa read aloud time
- ➔1:00pm – M-F home school / Sa go to town and run errands
- ➔4:00pm – M & W-Su cook dinner / Tu weekly \_\_\_\_\_ meeting, and potluck, healthy dinner out, or whole wheat sandwiches afterwards
- 5:30pm – eat dinner
- 6:30pm – family read aloud time
- 7:00pm – bathe kids
- 8:00pm – tuck in young children
- 8:30pm – shower
- 9:00pm – time with husband
- 10:00pm – get ready for bed, then personal devotional, prayer, and Bible study time
- 10:30pm – go to bed

### **Consider Scheduling Your Children As Well**

The Bible says:

*The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame. –Proverbs 29:15*

If you let your children run wild all day, and you are not watching them, you will probably not have a lot of success in training them via the rod and reproof. ‘A child left to himself bringeth his mother to shame.’ There have been many testimonies of children with ADHD who did a lot better once they were put on a schedule. Scheduling works very well for active and/or strong willed children. Children seem to thrive from routine, so by all means, add them to the schedule too. Once a child gets used to the schedule, they enjoy it, because they know what’s going to happen next.

You do not need to create extra pages of schedules for each of your children. Simply put columns in your Master Schedule for your children’s schedules. A sample mother and children schedule may look like the following:

| <b>Time:</b> | <b>Mom:</b>                  | <b>Child 1:</b>                | <b>Child 2:</b>                | <b>Child 3:</b>                                |
|--------------|------------------------------|--------------------------------|--------------------------------|------------------------------------------------|
| 7:00am       | get up and get dressed       | get dressed and do room chores | get dressed and do room chores | get dressed and do room chores                 |
| 7:15am       | M-F sewing /<br>Sa gardening | activity at table              | activity on living room floor  | activity with dad, or mom’s helper with sewing |
| 8:00am       | make breakfast               | breakfast chores               | breakfast chores               | breakfast chores                               |
| 8:30am       | eat breakfast                | eat breakfast                  | eat breakfast                  | eat breakfast                                  |
| 9:15am       | family Bible study           | family Bible study             | family Bible study             | family Bible study                             |
| 9:45am       | M-F exercise /<br>Sa         | room play time                 | room play time                 | room play time                                 |

|         |                                                                                        |                                    |                                    |                                    |
|---------|----------------------------------------------------------------------------------------|------------------------------------|------------------------------------|------------------------------------|
|         | gardening                                                                              |                                    |                                    |                                    |
| 10:45am | shower off                                                                             | room play time                     | room play time                     | room play time                     |
| 11:00am | cleaning chores                                                                        | chores                             | chores                             | chores                             |
| 11:30am | make lunch                                                                             | free time                          | free time                          | free time                          |
| 12:00pm | eat lunch                                                                              | eat lunch                          | eat lunch                          | eat lunch                          |
| 12:45pm | M-F get out supplies and prep for home school time / Sa read aloud time                | homeschool or read aloud time      | homeschool or read aloud time      | homeschool or read aloud time      |
| 1:00pm  | M-F home school / Sa go to town and run errands                                        | homeschool or run errands with mom | homeschool or run errands with mom | homeschool or run errands with mom |
| 4:00pm  | M & W-Su cook dinner / Tu weekly ___?___ meeting, and simple healthy dinner afterwards | help mom or be with dad            | help mom or be with dad            | help mom or be with dad            |
| 5:30pm  | eat dinner                                                                             | eat dinner                         | eat dinner                         | eat dinner                         |
| 6:30pm  | family read aloud time                                                                 | family read aloud time             | family read aloud time             | family read aloud time             |
| 7:00pm  | bathe kids                                                                             | bath                               | bath                               | bath                               |
| 8:00pm  | tuck in                                                                                | bed or                             | bed or                             | bed or                             |

|         |                                                                           |                   |                   |                   |
|---------|---------------------------------------------------------------------------|-------------------|-------------------|-------------------|
|         | young children                                                            | quiet time        | quiet time        | quiet time        |
| 8:30pm  | shower                                                                    | bed or quiet time | bed or quiet time | bed or quiet time |
| 9:00pm  | time with husband                                                         | bed or quiet time | bed or quiet time | bed or quiet time |
| 10:00pm | get ready for bed, then personal devotional, prayer, and Bible study time | sleeping          | sleeping          | sleeping          |
| 10:30pm | go to bed                                                                 | sleeping          | sleeping          | sleeping          |

### **Commitment Is the Key**

Unless you commit to following your schedule, it will never work. When you feel like it's a struggle, give the burden to God, then put on a big smile and look at your schedule. When you don't feel like it – do it anyways.

Don't feel bad if you don't always follow your schedule. It's not there to be a burden. It's there to be your helper. Things will happen. Let the spontaneity in, and cheerfully work with it.

When you need extra time for projects, or to catch up on things, then use your scheduled hobby time, or schedule in an extra half hour or more in each day for catch up/free time.

Remember, YOU are the master of your Master Schedule.

### **Your Master Schedule's Back Up Plan**

There will be times in your life when you can't follow your Master Schedule, but still need routines to keep you and your household on task. For occasions like these, create a "routines" page. This routines page should be the next page in your "schedules" section, right after your Master Schedule.

To use your routines page, you shouldn't look at the clock. You simply go through all of the routines, and mentally or literally check off each item on the page, until you have completed everything on your routines page.

Your routines page should be divided into three sections:

- Morning
- After Morning – After noon
- Evening – Night

Each of these three sections should contain the things that you need to get done during that time of day. An example routines page is below:

#### **MORNING ROUTINE:**

- ☐ Get up and get dressed
- ☐ Get the kids ready
- ☐ Fix beds
- ☐ Breakfast
- ☐ Brush teeth

#### **AFTER MORNING – AFTER NOON ROUTINE:**

- ☐ Family Bible study
- ☐ Exercise
- ☐ Clean

- ❑ Lunch
- ❑ Homeschool

#### EVENING – NIGHT ROUTINE:

- ❑ Dinner
- ❑ Kid's baths
- ❑ Family read aloud time
- ❑ Tuck in kids
- ❑ Tidy up the house
- ❑ Shower
- ❑ Personal Bible study

### **Exercise**

Don't forget to put your exercise routine into your Schedules section as well. If you don't exercise, but would like to, I personally suggest you do a half hour to an hour per day, each weekday. If you don't exercise, I suggest you start. It will increase your energy, and you'll be able to get so much more done each day.

Take weekends off (or at least Sundays). On Mondays, Wednesdays, and Fridays, do sculpting and toning exercises. On Tuesdays and Thursdays, do cardio. If you are looking for good exercise tapes, I'm happy to refer you to The Firm. You can go to their website at <http://www.firmdirect.com>. They guarantee visible results in just 10 workouts, and I personally know that to be true.

### **Personalize Your Master Schedule**

Personalize it. I can't emphasize this enough. Also expect that there are times in your life when you'll need to change or re-do your schedule. That is okay. Just as life changes, your Master Schedule will (and should) change as well.

## The Menu Section



*She looketh well to the ways of her household, and eateth not the bread of idleness. –Proverbs 31:27*

NOTE: After you write down your menus for this section of your Home Management Binder, don't forget to slip the papers into the clear page protectors in your binder. Then write "Menus" on one of your stick on index tabs, and stick that tab to the first page of your menus section. Do this for each new section in your binder.

Have you ever been in the situation where it was time for dinner, but you didn't have anything cooked, nor did you know what to cook? Maybe you looked through your cupboards and fridge, but couldn't find enough ingredients to make a meal.

This section will help you know what's for breakfast, lunch, and dinner for each day of the week. You will also learn how to use this section of your binder to help you save a lot of money on your grocery bills, yet eat delicious, healthy foods. *You can really do this.*

First off, sit down with some paper and a cookbook. Write out what foods you'd like for each meal.

If you don't know how to cook, or are not very good at it, then I suggest you get and read a good Betty Crocker Cookbook. Read it to learn the basics of cooking, and to get some recipes for you to try.

Cook delicious and nutritious meals. On the following page begins a sample menu of healthy meals that are easy to make:

Breakfast:

MONDAYS – Scrambled eggs, toast, fresh fruit, milk

TUESDAYS – Baked oatmeal, fresh fruit, milk

WEDNESDAYS – Baked French toast, fresh fruit, milk



THURSDAYS – Boiled rice eaten as a cereal, fresh fruit, milk

FRIDAYS – Butter and peanut butter toast, fresh fruit, milk

SATURDAYS – Omelet, toast, fresh fruit, milk

SUNDAYS – Breakfast casserole, fresh fruit, milk

Lunch:

MONDAYS – Peanut butter honey sandwiches, fresh vegetables, fruit juice

TUESDAYS – Cheesy rice, fresh vegetables, fruit juice

WEDNESDAYS – Tuna sandwiches, fresh vegetables, fruit juice

THURSDAYS – Hard-boiled egg sandwiches, fresh vegetables, fruit juice

FRIDAYS – Homemade macaroni and cheese, fresh vegetables, fruit juice

SATURDAYS – Baked cheese sandwiches, fresh vegetables, fruit juice

SUNDAYS – Tuna sandwiches, fresh vegetables, fruit juice

I like to use the same breakfast and lunch menus each week. I only change our breakfast and lunch menus when we get tired of them, or when I just want to change them around. I make a new dinner menu each week. I suggest you do the same... Have a regular breakfast and lunch menu that pretty much stays the same week to week, but make a new dinner menu for each week.

Choose which day each week would be good for you to do this on. It's a good idea to form your menu plan on the day before you plan to get groceries, while you are making your grocery list.

Below is a sample one-week dinner menu:

MONDAY – Spaghetti, mashed sweet potatoes, salad, Kombucha

TUESDAY – Lentil stew, steamed veggies, Kombucha

WEDNESDAY – Roasted chicken, roasted veggies, Kombucha

THURSDAY – Homemade chicken soup, salad, Kombucha

FRIDAY – Salmon on rice, salad, Kombucha

SATURDAY – Pot roast (or roasted lamb), roasted veggies, Kombucha

SUNDAY – Split pea soup, baked potatoes, Kombucha

*What is Kombucha?*

I'll share with you what Kombucha is, and how to make it, later in this book. I'll also share some other fantastic life-changing recipes with you as well. ☺

After you have your menu plan on paper, think of all the ingredients you'll need in order to make all of those meals, and write them down. Add to that list the daily hygiene products you and your family use, and you have yourself a Master Grocery List. Organize your Master Grocery List into sections. For example, have a frozen section, dry good section, hygiene section, and a produce section, etc. Put your Master Grocery List in your binder after your menu plans.

Each week, when you're making your grocery list, first write down what you already know you need. Then, look at your breakfast, lunch, and dinner menus, and write down what you know you'll need to follow those menus for the week. After that, glance through your Master Grocery List, and write down anything from that list that you know you need more of.

Keep some scratch paper in the front inside pocket of your binder, and whenever you run out of something, write it there, to remind you to put it on your grocery list.

You now have a rough grocery list. Next, you need to organize and order your list, so that you won't spend extra time in the store, when you could be home getting more things accomplished. I like to sometimes use a four-colored ink pen to organize my grocery list. I move to the other side of the paper, from the rough list I made, and start by writing down all of the non-food items I'll need in black ink. Then I write down all of the dry goods in blue, all of the produce in green, and the meat, dairy, and frozen foods in red.

I also make my list fit the order of isles in the store I shop at, so that I can just go isle to isle, and my list is in the order of those isles.

Later in your binder, you'll have a 'recipes' section. This is where you'll keep your main recipes.

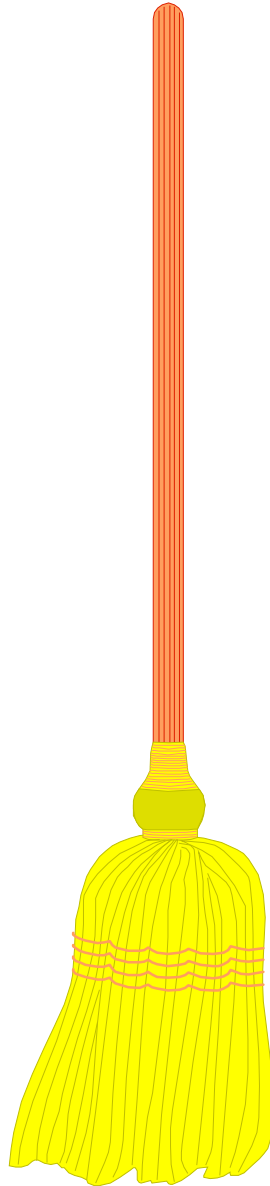
IDEA: You may want to put in several different weekly dinner menus into the Menu section of your binder. This way, if you don't have time to make a dinner menu, you can just use one of the pre-written menus.

Having and using the Menu section in your Home Management Binder will help you cook healthy meals for your family, and help you to save money, because you'll be just buying what you need – right?

HINT: Bypass the junk foods and snacks. You don't need them, and your body will thank you for it later. Did you know that artificial flavorings are often derivatives of anti-freeze, oil paint solvents, and/or formaldehyde? Most junk foods are not really real food! ...At least - not anymore... How many things do you put into your grocery cart, which you intend to eat, but nature never did intend for human consumption? Kick the junk food habit.

~~~\*~~~

# The Cleaning Section



*Don't waste your time with inefficient cleaning. You can have a clean house without spending all day cleaning it.*

The next section in the Home Management Binder is the cleaning section. There are many different cleaning plans, but here are the most common:

- Once a week clean-a-thon
- Cleaning one room per day
- Dividing the house into zones, and cleaning a specified zone for the day or week
- Doing certain tasks per day so that by the end of the week the whole house is clean (task-by-task cleaning)

I personally prefer the last option.

For the cleaning section of your binder, decide what type of cleaning plan you'd like to do, then type or write it out. If you can't decide, or you'd like to use a task-by-task routine, then try the below task cleaning routine:

### **Monday Cleaning**

Monday cleaning duties:

- ✓ Take out the trash
- ✓ Wash all bedding laundry
- ✓ Take apart and clean stove top
- ✓ Clean all appliances
- ✓ Focus cleaning
- ✓ Project

### **Bedding Laundry**

When you get up in the morning, start your first load of laundry. If you have small children who take naps, then wash their bedding in your first load. Wash your own bed's sheets and pillowcases last.

Your first load should be done and ready for the dryer after breakfast. Then, you can get your next load going in the washer. Use a timer if you need it. Your goal is to have all

bedding laundry washed and put away, and all beds made before lunchtime.

Sometimes you may not be able to get it done before lunch, but if you stay on top of it, you'll get it finished in a quick manner.

### **Recommended Cleaning Tools for Monday Cleaning**

Multi-purpose cleaner

A sponge with a yellow spongy side, and a rough green scrubbing side

Paper towels

Dishtowel

A timer

### **How to Clean Your Stove Top**

Remove all the knobs and burner rings, and set them to the side.

Remove all the drip pans.

Use a sponge or paper towel and some multi-purpose cleaner to wipe and clean under your stovetop lid.

Use a sponge and multi-purpose cleaner to wipe off all of the outer parts of your stove.

Grab the drip pans, and wipe them off under running water. Use your sponge. Dry the drip pans with a dishtowel, and put them back into the stovetop.

Wipe off the knobs, and put them back onto the stovetop.

Wipe off the burner rings, and put them back onto the stovetop.

## **How to Clean the Rest of Your Appliances**

Grab your sponge and the multi-purpose cleaner, and get ready to clean your fridge, freezer, microwave, dishwasher, oven, oven hood, washer, dryer, and any other major appliances you may have. The trick to cleaning them is to do it in this order:

First, clean the outside of the appliance, working from the top to the bottom, going around the appliance clockwise, or counter clockwise, as you're working down. After the outside of the appliance is wiped down, clean the inside. Again, start at the top, and then work your way down, going clockwise, or counter clockwise.

## **Focus Cleaning**

Every Monday, pick an appliance that will get a detailed focus cleaning. Alternate each appliance for this, each week. One Monday, you may do your microwave, then the next Monday, the freezer, etc. With Focus Cleaning, you remove anything from on, or in the appliance that is not attached to the appliance. Once empty: Super-clean the appliance with a multi-purpose cleaner and a sponge. For example, if your focus appliance for this week were your freezer, then you'd take everything off of the top of the freezer, and take everything out of the freezer. Then, you'd wipe it down, in EVERY nook and cranny, inside and out, and clean every detail. Then, put everything back.

On the cleaning of the non-focus appliances, don't worry about moving a lot of things out of the way. If one of your non-focus appliances is the fridge (for example), then don't take everything off of it, or from the inside. Just move things



to the side, and clean under them, then put them back. Cleaning the fridge this way should only take you about 7 minutes. You'll do a detailed cleaning of the fridge when it's your focus appliance for the week.

At this point I suggest you sit down, and list all of your appliances, and assign them each to a Monday on a calendar in your binder, for a focus cleaning, rotating them through the weeks.

## **Your Project**

After you've finished your focus cleaning for the day, get out your timer, and set it for 15 minutes. Those 15 minutes are for your project time. This should be something that you've really wanted to clean or organize in your house for a long time, but could never find the time. This could be anything from bleaching tile grout, to decluttering a room. Set your timer for 15 minutes, and go at it. After the timer goes off, you'll be amazed at how much you got done in such a short amount of time. Put your stuff away. If you did not finish the project, don't worry, as tomorrow you'll do more with your 15-minute project, or start a new one.

## **Tuesday Cleaning**

Tuesday cleaning duties:

- ✓ Towel and wash cloth laundry
- ✓ TV and computer screens
- ✓ Mirrors
- ✓ Dusting
- ✓ Wipe downs
- ✓ Focus cleaning
- ✓ Project

## **Towel and Wash Cloth Laundry**

Start your first load of laundry for the day when you get up in the morning. The goal is to have all of this laundry done and put away before noon.

## **Recommended Cleaning Tools for Tuesday Cleaning**

Multi-purpose cleaner

Paper towels or coffee filters (for mirrors and glass)

Washcloth

A feather duster

Oil based cleaner for wood surfaces

A timer

## **How to Clean TV Screens, Computer Screens, and Mirrors**

Grab some coffee filters, special non-scratch cloths, or paper towels, and some multi-purpose cleaner. Go from room to room, around your house... Simply spray a few squirts of the cleaner on each TV screen, computer screen, and mirror, and wipe it down with a coffee filter (or you could use a soft paper towel). Coffee filters can be used instead of paper towels. They don't leave lint and are not too abrasive to the surface.

## **How to Dust**

Grab your duster, and go through each room in your house. The order in which to dust should be this:

First, dust the tops of all doorframes, ceiling fans, light fixtures, etc. Don't forget to remove any cobwebs as well. Always start by dusting the top of your room, going around clockwise, or counter clockwise. Then, move to the walls:

Pictures, night-lights, shelves, knickknacks, etc. Work around the room. Eventually, you'll have dusted from top to bottom, going around the room. If you haven't dusted for a long time, you will probably have some major dust bunnies floating about. Let the dust settle on the floor, then do a quick vacuuming to pick it up. If you dust regularly, then all the dust will be captured in your feather duster, and you won't have to vacuum after dusting. Remember to dust every single room in your house, and don't forget the hallway as well. (Dust above every door, and remove those cobwebs from the ceiling corners.)

If you have a significant amount of dust (possibly from recent drywall work, for example), I recommend that you purchase a hepa filter air-cleaning machine, such as a Honeywell, for example. If you live in a large city with lots of pollution, get an air cleaner which also has an activated charcoal filter. Place the machine in a central location and run it all the time. After a couple of weeks you should find that dusting is much faster, and that there is much less dust between dustings. Have a friend, who has an air compressor, blow off the filter from time to time instead of buying a new one each time. Check to see that the filter didn't develop any holes in it from being cleaned.

On days when the weather cooperates, open some windows for a while. Fresh air is very important to health and vitality, and in-home pollution is a very real thing. Are you lacking in energy, and feel tired and heavy? Open a window and get some fresh air; you may find it makes a big difference.

Once you're done dusting (that didn't take long, now did it?), go outside, and gently beat your duster against a porch railing. You'll see the dust leave your duster, and float off in the outside air.

### **How to Do Wipe-Downs throughout the House**

Most of the wiping down will be on your tables and counters. Also clean light switches and doorknobs, when needed. Clean

things that are touched on a regular basis, such as the area of doors and doorframes near the doorknob, where dirty fingers may make regular contact.

Go through each room in your house, and bring your multi-purpose cleaner and wash cloth with you. Start looking at the top of the room, and see if there is anything that needs wiped down. For example, in your bathroom, do you have mold on the ceiling or walls? What about rust on the light fixtures? If you have either of these things, put on long cleaning gloves, and clean it up.

Don't worry about cleaning bathtubs, shower doors, sinks, or toilets. Those will get cleaned tomorrow. Today you're just wiping down your counters and kitchen/dining room table(s) for the most part.

Use an oil-based cleaner on delicate wood surfaces.

### **Focus Cleaning**

Just as you have a focus appliance that you clean each Monday, you need a focus surface that needs to be super-cleaned every Tuesday. When you wipe down a non-focus area counter top, don't worry about taking everything off of the counter. Just move things to the side a bit, clean underneath, and then put the stuff back. When your main kitchen counter (for example) is your focus surface of the week, you would then need to take everything off the counter, and give it a good scrubbing, from the wall, to the counter's edge. Make sure the counter is dry before you put your stuff back onto it.

Write down all of the surfaces in your house, and assign each surface as a focus clean surface to a Tuesday on your calendar, rotating them through the weeks.

### **Project**

Review the "project" section from Monday Cleaning. Set your timer for 15 minutes, and work on decluttering a room, washing windows, or cleaning out trash cans; Work on whatever you decide needs attention. When the timer goes off, STOP, you're done for the day. If you didn't finish your project, you can work on it some more in tomorrow's cleaning.

## **Wednesday Cleaning**

Wednesday cleaning duties:

- ✓ Some children's laundry
- ✓ Sinks
- ✓ Bathtub(s) and shower(s)
- ✓ Toilets
- ✓ Focus cleaning
- ✓ Project

## **Some of the Children's Laundry**

If you don't have children, then you don't have any laundry for today. If you do have children, then do their laundry today. Only do the laundry of your children that are ages 4 and under. We'll look at ages 5 and up in tomorrow's cleaning tasks.

Make sure you start your first load of laundry when you get out of bed in the morning. Don't forget to put all laundry away, as soon as it's done in the dryer. This really, truly, only takes a few minutes to do, and is worth getting done right away.

## **Recommended Cleaning Tools for Wednesday Cleaning**

Soft Scrub with bleach

A sponge, with yellow sponge on one side, and green rough scrub material on the other side

A second sponge like the above

Cleaning gloves

Multi-purpose cleaner

Toilet scrub brush

Toilet bowl cleaner

Paper towels

A timer

### **How to Clean Your Sinks**

Put on your cleaning gloves, and grab the Soft Scrub, and one of your sponges. Start at the kitchen sink. Clean and put away any dishes that are in there.

**TIP:** Always wash dishes right after each meal. If you have children, ages 5 and up can learn to wash the dishes, while you and your other children wipe off the counters, the table, and sweep the floor, etc.

Clear everything, such as hand soap and plugs, away from the sink. Squirt the Soft Scrub on the bottom and sides of the sink, and scrub the sink with your sponge. Don't forget to clean the sludge that likes to build up on and around your faucets, knobs, and around the perimeter of your sink, where it meets the counter. This kind of detailed cleaning is what makes a room seem very clean to the casual observer. You may want to wear an apron, if you're worried about bleaching or staining your clothes.

Next, go to each bathroom sink and do the above. If you have any other sinks (like a bedroom vanity, or in a project room), then clean those as well.

## **How to Clean Your Shower(s) and Bathtub(s)**

Remove your gloves, or clean them and keep them on. I personally like to remove them at this point, wash them, and set them out to dry. Grab your OTHER sponge (don't mix cleaning solutions), and your multi-purpose cleaner. Go into your bathrooms, and remove everything from your showers and bathtubs. Start by spraying and wiping down your tiles and walls, then move to your faucets, knobs, soap holder, and plug. Eventually move down to cleaning the shower floor and bathtub. Always start at the top, work around, and then move to the bottom, always working around and around. NOTE: If you have mold, then you'll also need to scrub the shower pole that holds your shower curtain. Mold likes to grow on those sometimes - often on the topside of the pole, where you can't see it.

## **How to Clean Your Toilets**

Grab your multi-purpose cleaner, paper towels, toilet bowl cleaner, and toilet scrub brush. First, go to each toilet in your house, and lift the lid and seat. Squirt or spray the toilet bowl cleaner under the rim of the toilet, and let the cleaner slowly drip down the insides of the toilet bowl, and eventually into the water. Let the cleaner sit in your toilets while you do the next few steps...

Use your paper towels and multi-purpose cleaner to wipe down the entire outside of the toilets. Start at the top, and then work around and around as you work down to the base. If you haven't cleaned the base in a long time, and especially if you have little boys, it may be very disgusting. There may be layers of old, dried, solidified urine all over the bottom base of the toilet. Close your eyes, hold your breath, and wipe it up. The multi-purpose cleaner should break it up for you. That's all you'll have to do, is swipe it a few times with a paper towel, then pitch the paper towel into the bathroom trash. If the base was messy, let that be a lesson learned. From now on, you're going to be cleaning that base every Wednesday, so it

will never get out of hand again. Your toilets are looking quite shiny now, aren't they?

After you're done cleaning the entire outside of your toilets, grab your toilet brush, and start by scrubbing under the toilet rim, then work down the sides of the inside of the toilet bowl.

Next, flush the toilet. As the water is refilling into the toilet bowl, move your scrubber around the inside of the bowl. Use the refilling water streams to rinse the bowl, while giving it an extra scrub. *Ahhh, gleaming toilets! The crown of your husband's throne!*

Tip: If you are having urine problems (urine on toilet bases) with boys, consider assigning them to toilet base cleaning duty (ages 5 and up). They will soon appreciate the value of *aiming to please*.

## **Thursday Cleaning**

Thursday cleaning duties:

- ✓ The rest of the children's laundry
- ✓ Hard floors
- ✓ Focus cleaning
- ✓ Project

## **The Rest of the Children's Laundry**

Yesterday you did children's laundry for your children ages 4 and under. Today you get a laundry break. All children ages 5 and up, get to do their own laundry. If you have children ages 5 and up, and they are not doing their own laundry, then teach them how to do so. They will probably find that it's fun. You will need to help them in the beginning, and the younger ones might need a step stool. At first, you'll want to put the soap in, and help them start the machine, but soon they'll get the hang of it, and they usually love doing and putting away their own laundry. – It makes them feel grown up.



Remind your children to start their laundry in the morning, so that they can have it done and put away before lunchtime, or at least before dinnertime. If you have many children doing their own laundry, then you'll need to set up a laundry schedule for them. I suggest you have the youngest launderers do their laundry first, and the oldest last.

### **Recommended Cleaning Tools For Thursday Cleaning:**

Broom and dustpan

Mop

Mop bucket

White Vinegar

A timer

### **How to Clean Your Hard Floors**

Go into your kitchen, bathrooms, and all other rooms that have hard floors, and take everything off of the floor. Leave the heavy furniture where it is. Just move the table chairs, and stuff like that.

Sweep your kitchen, and then move to the bathrooms, and then any other rooms that have hard floors.

Next, fill your mop bucket with very hot water, and add a cup of white vinegar. Use the white vinegar-water to mop your floors. After your floors are dry, put everything back, and relax.

I prefer white vinegar-water mopping to using prepared solvents. I've tried many of the major brands, and yes, they smelled good, but they did not leave my floors as clean, and they seemed to bring on ants. Also, white vinegar and water is

not poisonous, which is a big plus when you have small children.

### **Focus Cleaning**

Your weekly Thursday focus cleaning should be things such as moving and cleaning under the fridge, and scrubbing the edges of your floor with a tooth brush, etc. Just do simple detail-work today.

### **Friday Cleaning**

Friday cleaning duties:

- ✓ Your and your husband's laundry
- ✓ Carpets and rugs
- ✓ Focus cleaning
- ✓ Project

### **Your and Your Husband's Laundry**

You know the drill. Start your first load in the morning when you get up, and try to have laundry done and put away before lunchtime. Don't forget the rule of putting away laundry as soon as it's done.

### **Suggested Cleaning Tools for Friday Cleaning**

A vacuum cleaner

A timer

An extra big smile, because it is the last cleaning day of the week. Take the weekends off! On the weekends, just maintain. Clean the dishes; put things away when you're done with them, etc.

### **Carpets and Rugs**

Get out your trusty vacuum cleaner, and vacuum every room in your house. Don't forget the hallway. Also, shake off and vacuum your rugs. If you have pets, then consider first putting a carpet deodorizing powder on your carpet, and then vacuum.

**TIP:** You can make your own carpet deodorizing powder, by mixing a tablespoon of cinnamon and/or ground cloves into a cup of baking soda. Sprinkle that on your rugs/carpets, let it sit for five minutes, and then vacuum it up. This will leave the carpets fresh, and the rooms smelling great.

After all of your vacuuming is done, empty your vacuum bag or container. Also, check all the filters on your vacuum, and go outside and shake the dust and dirt off of them. Many vacuum cleaners will overheat if you don't clean the filters regularly. I clean the two filters in my vacuum every Friday, after my vacuuming. You may need to do the same.

At this point, you may be saying to yourself *if I only vacuumed once a week, my carpets and rugs would just look horrible*. I agree. I have one of those little carpet sweepers that I keep next to my vacuum cleaner. That little carpet sweeper is used on my living room every day – sometimes twice a day. By using the sweeper, instead of my vacuum for these times, I save time (I don't have to plug in and lug around a heavy vacuum cleaner) and my children can do it. Even my 3 year old loves to get in the action of “sweeper-ing” the living room.

UPDATE: Now that my children are older, they take turns doing an extra vacuuming through the week, so my little sweeper is getting less attention these days.

### **Focus Cleaning**

When you vacuum a non-focus area, don't worry about moving furniture out of the way, just vacuum around and under it. Do move light and easy things such as toy boxes, and beanbags out of the way. Divide up your rooms (don't forget

the hallway) into a list, and assign a room for each Friday on your binder's calendar. To focus vacuum a room, you'll need to: vacuum under any area rugs, then on top of them, vacuum the edges of the room (use an edging attachment, if you have one on your vacuum cleaner), move furniture to the side, vacuum, and then put the furniture back, use the upholstery attachment (if you have one) and vacuum on your furniture as well.

If you wear shoes in your house, and/or have pets, then I suggest you have an annual (or as needed) focus carpet cleaning. Carpet cleaning machines are inexpensive to purchase these days, if you don't already have one. I recommend the type where the machine automatically sprays when you pull the trigger. It should spray out of the suction head so that it can suck up the water as you pull it along the carpet. I recommend wetting down the carpet with a small amount of soap without suction. This could be done with a spray bottle or bucket of lightly soaped water and scrub brush, concentrating on the bad spots.

The automatic spray and suction is then used to spray water without soap, in order to suck the soap out of the carpet. Once the water has been sucked up, the carpet dries pretty fast. These machines are also handy for spills on fabric-covered furniture. Make sure you get all of the soap out of your carpets, or when the soap dries, it will attract dirt, and your carpets will look filthy.

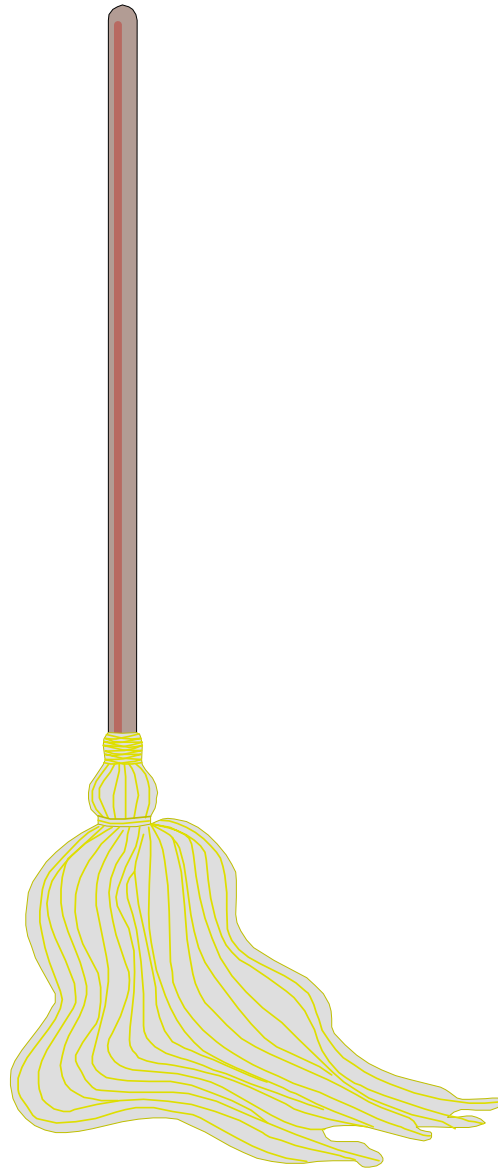
If you don't have a carpet-cleaning machine, and are unable to obtain one, then you could instead purchase a few cans of foaming carpet cleaner, and use that to clean your carpets (follow the instructions on the back of the spray can). This will not work as well as a cleaning machine, but it is better than nothing.

## **Project**

Set that wonderful tool - the timer, for 15 minutes. Declutter or super clean something in your house, car, or yard, etc.

~~~\*~~~

## The Cleaning Section Part Two



*Yes,*

*there's*

*more...*

After you have your cleaning routines in your binder, you may also want to add a routine to do when you get behind on your cleaning. I have one, and I call it the Emergency Quick Clean. The Emergency Quick Clean comes in *very handy* if you have to clean up a disastrous house in a short amount of time:

### **The Emergency Quick Clean in Nine Simple Steps**

1. Go into your kitchen, and wash your dishes. If you have a dishwasher, then use it. It's one of your many "servants."
2. Depending on the amount of mess in your house, this step may be the longest one for you. Go through every room in your house, and throw away any trash, and put away things that have wandered away from their homes.
3. Go to every sink in your house, and spray them all down with spray cleaner and let them sit. We'll get back to the sinks later.
4. Go to each toilet in your house, lift the seat, and put in toilet bowl cleaner. Let it sit in your toilets, as you go through the next few steps. We'll come back to the toilets later.
5. The hard part is over. Grab a washcloth and a spray cleaner, and wipe down your kitchen/dining room table(s), kitchen counters, and bathroom counters.
6. Get back to those toilets and sinks! Time to wipe them down; the cleaner has been sitting in them long enough.
7. Almost done! Grab your broom, and do a quick sweep of your kitchen and bathrooms. This is a quick sweep - this means you just sweep the middles of the floors. Don't worry about moving chairs, etc., just sweep around them.
8. Time to spot mop. Turn on the hot water in your kitchen sink, get your mop wet, then look at the floor for messy spots, mop over each messy spot. Remember, this is an Emergency

Quick Clean, so we're not mopping the whole floor, just the visible dirty spots. Now do this in your bathrooms as well.

9. Quick Vacuum time... Vacuum your living room and dining room. Focus on the middles. Don't worry about the edges, or under furniture, etc.

All done!

## **Homemade Cleaning Solutions**

Many people prefer to make their own cleaning solutions. I do. It's healthier and a lot cheaper. If you make your own cleaning solutions, or would like to start doing so, then you should keep your cleaning solution recipes in the Cleaning section of your binder.

With the below homemade cleaning products, you can disinfect, shine, and clean your home, while saving money.

What you'll need:

- ✓ White vinegar
- ✓ Water
- ✓ Baking soda
- ✓ Olive oil
- ✓ Lemon juice
- ✓ A clean and empty spray bottle
- ✓ A small re-sealable container

For cleaning surfaces, tiles, glass, mirrors, and TV/computer screens – A Multi-Purpose Cleaner:

Mix 1 cup of white vinegar with 1 cup of water, and put it into a spray bottle. Label the bottle "multi-purpose cleaner."

For polishing delicate wood surfaces:



Take 1 cup of olive oil and mix it with 1/2 cup of lemon juice. Keep it in a sealed container, labeled "furniture polish." I suggest you only make this wood polishing solution when you know you'll be using it soon. If you let it sit for too long, it can turn rancid.

For cleaning the toilets:

You can fill a spray bottle with undiluted white vinegar, and label it "toilet bowl cleaner." For nasty toilet bowl stains, you can cover the stains over with a paste made from mixing baking soda and water, and let it sit for about 10 minutes, and then scrub them.

If you choose to use a store bought toilet bowl cleaner instead, just remember to keep it out of the reach of children, as that stuff is very poisonous.

For cleaning sinks and tubs:

The multi-purpose cleaner mentioned above works great with sinks and tubs as well, but if you'd like a homemade cleaner with more scour power, then try the below:

Use baking soda as a scouring powder. For sinks and tubs that are hard to clean, add a little bit of water to the baking soda, to form a paste. Paint the paste onto the area you need to clean, and let it sit for a half hour, then scrub it off, and then re-scour with dry baking soda.

You may choose to use Soft Scrub for cleaning sinks and tubs instead. If you do so, remember that Soft Scrub will have fumes, can stain your clothing, and is dangerous to children, so be cautious.

For scrubbing hard floors:

Fill a mop bucket with steaming hot water, and pour in some white vinegar. A cup's worth should be plenty.

For spot-cleaning carpets:

Pour some undiluted rubbing alcohol on the stain, and rub with a washcloth. Open a window if you have used a lot, and the smell is strong. Rubbing alcohol is poisonous, so be careful. You can use a foaming carpet cleaner instead, but that is also poisonous, so use it with caution.

### *Dishwasher Detergent and Laundry Detergent*

It will save you a lot of money if you make your own dishwasher and laundry detergents. If you don't have experience in doing this, then you may be thinking *this is going to be hard*. Relax. It's easy – very easy...

#### How to Make Dishwasher Detergent:

In the laundry section of most grocery stores, you can find a large box of baking soda (often a better deal than the smaller baking soda in the baking aisle) and a large box of borax.

For dishwasher detergent, simply mix one cup of borax and one cup of baking soda, and store this mixture in a container.

Put white vinegar into your dishwasher for a rinse aide, in the rinse receptacle, if desired. When you're ready to run a load of dishes in your dishwasher, put in **one drop** of liquid dish soap, and then put in 2 tablespoons of your homemade detergent on top of that. Put this into your main soap receptacle, and leave the pre-wash receptacle empty, or put a bit of white vinegar in it. Run your dishwasher on its normal setting.

Note: Make sure you pre-rinse all dirty dishes by hand, before you put them into your dishwasher.

#### *How to Make Laundry Detergent:*

There are recipes all over the internet on how to make both liquid or powdered laundry detergent. I've tried different recipes, and below I'm going to present to you the one that I like the best. It's a powdered detergent, and is very easy to make...

You'll only need three ingredients: washing soda, borax, and ivory soap.

Use a cheese grater, and grate a whole bar of ivory soap. Ivory soap is very soft, so you should be able to grate whole bar of soap with great ease. *You'll grate with great ease.* ☺

Mix in one half cup of borax, and one and a half cup of washing soda with the grated soap. That's it; there's your homemade laundry detergent. For extra laundering power, you could mix in one half cup of powdered Arm and Hammer laundry detergent, if needed.

Use 1/4 cup of your powdered detergent per full laundry load.

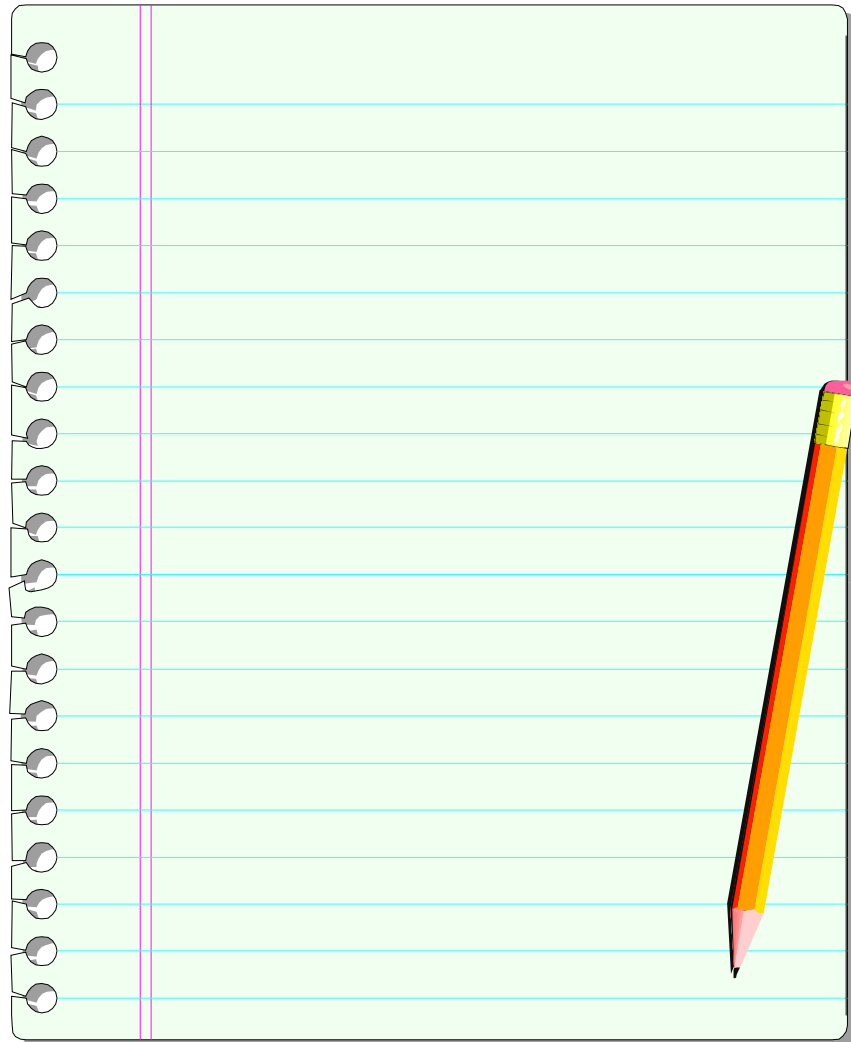
Some stores no longer carry washing soda. If you are unable to obtain washing soda, then you can make your own washing soda from baking soda. The difference is a chemical change that happens when baking soda is heated for a certain duration. When this occurs, it converts into washing soda.

To make washing soda, pour a pound of baking soda onto a large baking sheet. Bake it in a 300 F degree oven for one hour. Then, cool the washing soda completely, and store it in sealed containers.

That's it. Heat can convert baking soda into washing soda.

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# The Homeschool Section



*Home schooling is biblically mandated. You are your child's best teacher.*

To Home schooling Mothers: In this section you should have your homeschool curriculums and plans written out for each child. For example, if one of your children is 5 years old, then your homeschool section for him may look similar to the following:

### **Homeschool for 5 Year Old**

- Read out loud
- Reading comprehension
- Oral narration
- Silent reading, then more oral narration
- Counting by 1s, 2s, 5s, and 10s
- Memory work
- Manipulative math
- Copy work
- Go over worksheets with mom, and correct mistakes

You would then make sure you have all of the homeschool activities integrated into your master schedule. For example, you may have your children doing independent schoolwork while you're cooking meals, and while the younger children are napping.

Along with your homeschool planning for each child, you also should have a printout of the homeschool laws for the state you live in. You can look up your state laws, and print them out from <http://www.hslda.com>.

If you don't currently homeschool, but would like to start, you may find the following information helpful.

### **How to Homeschool – step-by-step**

1. Visit <http://www.hslda.com> to find out the homeschool laws for your state. It's probably easier than you think. In many states you don't have to file anything, you just start schooling your children as you see fit. In other states, you'll need to write a letter and mail it to the local public school

district, stating that you have chosen to homeschool your child. Either way, it's fairly laid back and simple.

Now that the legal stuff is out of the way...

2. If you're going to be home schooling for Kindergarten through grade 3, then relax. You can homeschool them *very well* for around 15 dollars. To get started, order the below books. On Amazon they are currently only 4 dollars apiece (the last time I checked):

A Strong Start in Language (This has WONDERFUL copywork exercises in it, amongst other gems)

A Home Start in Reading (This goes great with Teach Your Child to Read in 100 Easy Lessons, linked later in this article)

An Easy Start in Arithmetic. (Math is fun!)

Those three little books will get you through kindergarten to third grade.

3. If you are home schooling for grades 4-8, then get You Can Teach Your Child Successfully: Grades 4-8

4. For all grades, ages, and levels (including high school and beyond) get and read A Well-Trained Mind and Teaching the Trivium.

5. I teach my children how to read at age 4. You can teach a child, age 4 or older, to read in just 100 fun lessons using this book: Teach Your Child to Read in 100 Easy Lessons.

Everything you really need to know about the brain development of children and what to teach them, and when, are covered in all of the above books. I just can't recommend them enough.

If you want to homeschool, but you think that you won't be

able to do it, or that it's too hard, *you're wrong*. Remember, public school is inefficient by nature. Your child is there 5-8 hours each weekday. What the public school does in 8 hours a day, you can happily surpass in just a few hours a day.

Homeschool is fun. When you are teaching your child something you don't know, then you get to learn it right beside him.

One of the beautiful advantages of homeschool is that you get to *really* know your children. Homeschool is such a wonderful way to bond with your child. It need not be a chore. We love our homeschool time around here, and if you choose to homeschool, I pray you enjoy your times as well.

### *The Course of Study*

You need to decide what curricula you will be using with your children for which subjects. You could just use the books and their resources that I just mentioned, but once you really get into the flow of homeschool, you'll probably start looking into, and using different curricula.

I homeschool my children from birth. As babies, I talk and read to them a lot, and point to and name things. As they get older, they graduate to nesting bowls and blocks, building with jumbo Legos, looking at letter books, etc. At age 2 or 3, they learn how to count, how to sing their ABCs, to recognize shapes, name colors, and learn pre-reading and pre-writing skills.

By age 4, my children are used to some table work, and are ready to learn how to read. Most of our age 4 homeschool is spent on phonics and penmanship.

At age 5 we read readers and simple books, do some copywork, memorize simple poems, learn addition and

subtraction via counting, adding, and removing buttons that I lay out on the table, etc.

At age 6 we start doing first grade curricula. I do some stuff from Modern Curriculum Press, some from Christian Liberty Press, Bob Jones University, A Beka, and The Well-Trained Mind books.

Since each of my children get home-schooled from birth, each of my children always have their own Course of Study page in the homeschool section of my Home Management Binder.

A course of study page is easy to make. Have one column labeled “subject,” another column labeled “books and materials,” and a third column labeled “notes.” Then, fill in each column. You can print out some great pre-made Course of Study pages for free from <http://www.DonnaYoung.org>.

Enjoy your homeschool adventure. Homeschool should be fun. ☺

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## The Children Section



*Train up a child in the way he should go:  
and when he is old, he will not depart from  
it. –Proverbs 22:6*

The Bible says:

*Train up a child in the way he should go: and when he is old, he will not depart from it. –Proverbs 22:6*

The Children section of your binder should be used to remind you of various things that you could do to help train up your children. On the first page, write out some activities for younger children. This would be fun table activities that young children could do, while you are cooking dinner, exercising, or doing a major cleaning. Write out a different table activity for each day of the week. For example:

| <b>Day</b>       | <b>Child 1</b> | <b>Child 2</b> | <b>Child 3</b> |
|------------------|----------------|----------------|----------------|
| <b>Monday</b>    | Reading        | Reading        | Picture book   |
| <b>Tuesday</b>   | Chalk board    | Cars           | Blocks         |
| <b>Wednesday</b> | Coloring       | Coloring       | Rattle ball    |
| <b>Thursday</b>  | Puzzle         | Puzzle         | Puzzle         |
| <b>Friday</b>    | Lego blocks    | Lego blocks    | Lego blocks    |
| <b>Saturday</b>  | Cars           | Blocks         | Small toys     |
| <b>Sunday</b>    | Drawing        | Drawing        | Nesting blocks |

On next page make lists of things that you need to sit down and train your children to do. For example:

| <b>Child 1</b>                                                                                                                                                                                                                          | <b>Child 2</b>                                                                                                                                                                                     | <b>Child 3</b>                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li><input type="checkbox"/> How to properly floss teeth</li><li><input type="checkbox"/> Comb hair</li><li><input type="checkbox"/> Trim nails</li><li><input type="checkbox"/> Clean ears</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Potty practice</li><li><input type="checkbox"/> Dress and undress</li><li><input type="checkbox"/> Put on socks and shoes</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Practice standing and balancing</li><li><input type="checkbox"/> Practice sitting quietly on mom's lap</li></ul> |

I suggest you schedule an hour of training time for your younger children once per week.

You may sometimes find that you're ahead of schedule, and are actually looking for something to do. On the rare occasions this happens, it's nice to have a portion of this Child Training section devoted to Family Free Time Activities.

Simply make a list of activities, and divide them up for each day of the week. For example:

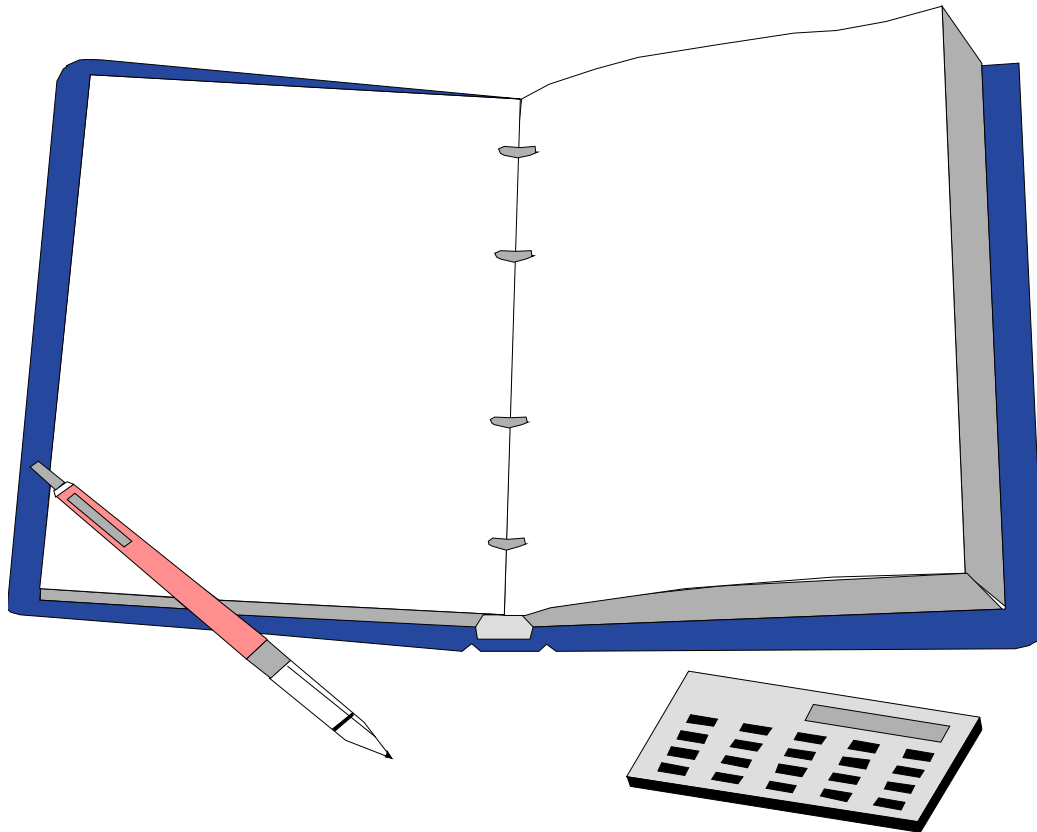
|                   |                   |
|-------------------|-------------------|
| <b>Mondays</b>    | Play Sorry        |
| <b>Tuesdays</b>   | Play UNO          |
| <b>Wednesdays</b> | Play Old Maid     |
| <b>Thursdays</b>  | Play Crazy Eights |
| <b>Fridays</b>    | Coloring          |
| <b>Saturdays</b>  | Video             |
| <b>Sundays</b>    | Reading           |

### *Training and Discipline Charts*

Sometimes you may have one or more children repeatedly committing a few offences, such as bad attitudes, or not putting away their toys. There are times when it may be a good idea to keep a chart in the Children's section of your binder, and use that chart to keep track of your children's progress.

If there are certain training issues that you'd like to keep track of, then keep charts of progress in your binder.

# The Budget Section



*A false balance is abomination to the LORD:  
but a just weight is his delight. –Proverbs  
11:1*

Who should handle the bills? Should you do it, or should your husband? The husband is the head of the family, so if he wants to do it, then he should. However, many husbands prefer that their wives do it. If you are a wife who handles the budget, then you should set up a Budget section in your Home Management Binder.

In your budget section, have a clear zip pocket, or take a large Ziploc baggie and put that into the binder, with holes punched in it, so that it'll sit in your binder's rings. Inside this pocket, keep your monthly bills as they come in the mail.

Keep those bills in order... The first bill in the pile should be the bill that needs to be paid first. The next bill in the pile should be the next one you'll need to pay, etc.

After your bill pocket, keep several budget pages. You can print out some good calendar pages from <http://www.donnayoung.org> that make great budget calendar pages.

On your budget pages, list which bills need to be paid by when, and how much they are. Every week, before you sit down to make your weekly menu plan and grocery list, go through your bills, and write them in on your budget pages. Then, you'll see how much money you'll have for grocery shopping, which will help you know what meals to plan, and what to put on your grocery list, to make sure you stay within (and hopefully under) your budget.

If you are blessed enough to be able to pay all bills, get groceries, and still have money left over, then set up different saving plans for the left over money. Have a long-term savings, a short-term savings, and an emergency savings. If you choose to use a bank savings account, then consider just having that one savings account, and use it to house your long-term savings.

Short-term savings can be kept in a secret pocket in your purse, under your bed mattress, or somewhere similar. Emergency savings can be kept in a fireproof family safe. In fact, I would suggest that you keep your long-term savings in your family safe as well. But that's my personal opinion.

Also, with today's economy, it may be wise to not keep your long-term savings in money, but instead keep it in gold and junk silver. Research this, and see what you think.

~~~~~

## The Other Section



*Hobbies, interests, goals, holiday and birthday lists, etc.*

What are some other things you'd like to have in your binder? If you're thinking about recipes and family contact information, we'll be adding those sections in the next few chapters.

If you like to garden, sew, can, knit, crochet, etc., then this is the section for you to keep your favorite patterns, garden plans, etc.

If you have special hobbies, or there are things that you'd like to teach yourself, this is a good section to keep notes and such.

We write and mail out annual New Year's letters with family pictures. I like to keep a copy of each of our New Year's letters in my "other" section. I also keep printed out maps from <http://www.mapquest.com> of the area I live, and of surrounding areas. I even have a mapped route to the nearest hospitals, in case of emergency.

The "Other" section is also the perfect place to keep articles you print off of the internet. I have several articles I printed off of <http://www.ladiesagainstfeminism.com> that I keep in this section.

This section may start out small (or even stay empty) for a while, but as you come across more and more things that interest you, your 'other' section will soon fill up, and may get somewhat thick.



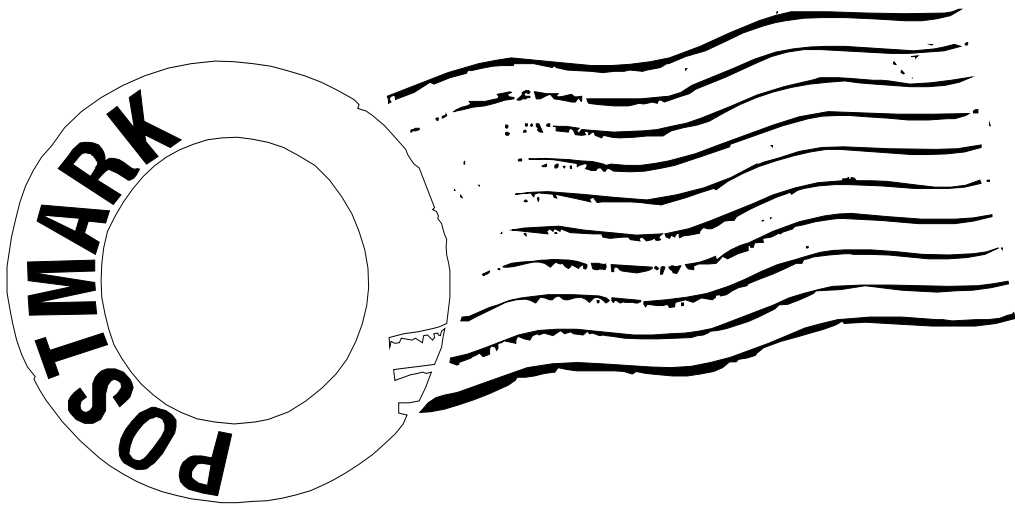
## The Recipes Section



*Cooking by scratch is not hard if you do it correctly. Consider the recipes in this section. They are fun, easy, and very healthy.*

The “Recipes” section is the spot in your binder to keep recipes. Later in this book, you’ll get some great recipes. You can add the ones you like to the recipes section of your Home Management Binder.

## The People Contact Section

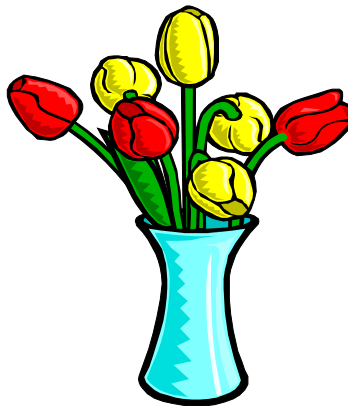


*Keep in contact with family and friends...*

**The last section in your Home Management Binder should be your family's personal phone and address book. It's much easier to keep it in your binder, than in a separate book. I particularly find this section handy during the holidays, when I'm preparing to mail out my family's annual New Year's letter.**

I purchased some blank dividers with alphabetical tabs on them from Office Depot. I put those dividers into my binder, and printed out some phone/address book paper to insert between the dividers. You can print out address/phone book paper from <http://www.donnayoung.org>

Next, I hand wrote the names, email addresses, phone number, and addresses of my extended family and friends. Now I can just turn to the last section in my Home Management Binder, whenever I need to look up someone's contact information. I have found this to be quite handy.



Once you have finished the People Contact Section of your Home Management Binder, you've finished. Now you just need to utilize your binder's benefits...

Get Up and Do It



*Have joy in the work God has given you to do.*

As mentioned earlier in this book, the Home Management Binder is not what will make things better; it's YOU. The Home Management Binder is a tool that you can use and reference throughout your blessed days. It will help keep you on track, and remind you what needs to be done.

### Keeping It Together

Have you ever visited someone, to find that their kids were always yelling, hitting, making messes, and the house was so messy that you could barely walk around, without stepping on something? Then, there's the poor, harried mother. She has bags under her eyes, her hair is not brushed, she's wearing sweats with stains on them, and she's definitely not smiling.

I doubt her husband looks forward to coming home from a hard day's work. The atmosphere of that home is enough to tire just about anyone out. This mother works too hard. She isn't orderly, and she may not even know what to do. She puts out too much energy, by doing insufficient tasks. Just putting order into her life would make it easier, and she wouldn't be working so hard trying to swim upstream all the time.

Wives and mothers, stop living for you. Stop trying to "get away," "get out with the girls," or "rest," because you're always "sick and tired." Start living your purpose in life. It's clearly laid out in Titus 2, and many other places in the Holy Word.

Raise your children to be good, godly Christians. Don't punish them into compliance, *train them*. There are only two ingredients a Christian mother needs to properly and Biblically train her children:

- 1) A cheerful attitude
- And
- 2) CONSISTENCY.

Some good books to read on training up your children are The Mother at Home, and The Mother's Book. Both books can be found online for free.

Next, our harried stay at home mother needs to get her house in order...

*Children, time to help your mother.* Children need chores. It prepares them for when they are in their own home, and it develops character and servitude (the opposite of selfishness). Ages 2 and under can watch you clean. Ages 3-5 can follow you around, and "play clean." Ages 5-8 can clean with soap and water. Ages 8 and up, can be introduced to cleaning solutions, and their proper uses.

Teach your children...

Sit down with them for a time each day, and work on something. For example, teach your 3yr old the letters and their sounds. You can make flash cards out of cardboard and markers.

4yr olds can start to learn to read. I suggest you use a book called Teach Your Child to Read in 100 Easy Lessons. It's fun, easy, and after you get into it, only takes about 15 minutes a day. Within a few weeks your child will be reading simple stories to you, and you'll adore the experience, and how much closer you and your child have become.

Have Family Read Aloud Time every day. Read the good classics, such as the Little House on the Prairie books, Pilgrim's Progress, Treasure Island, etc.

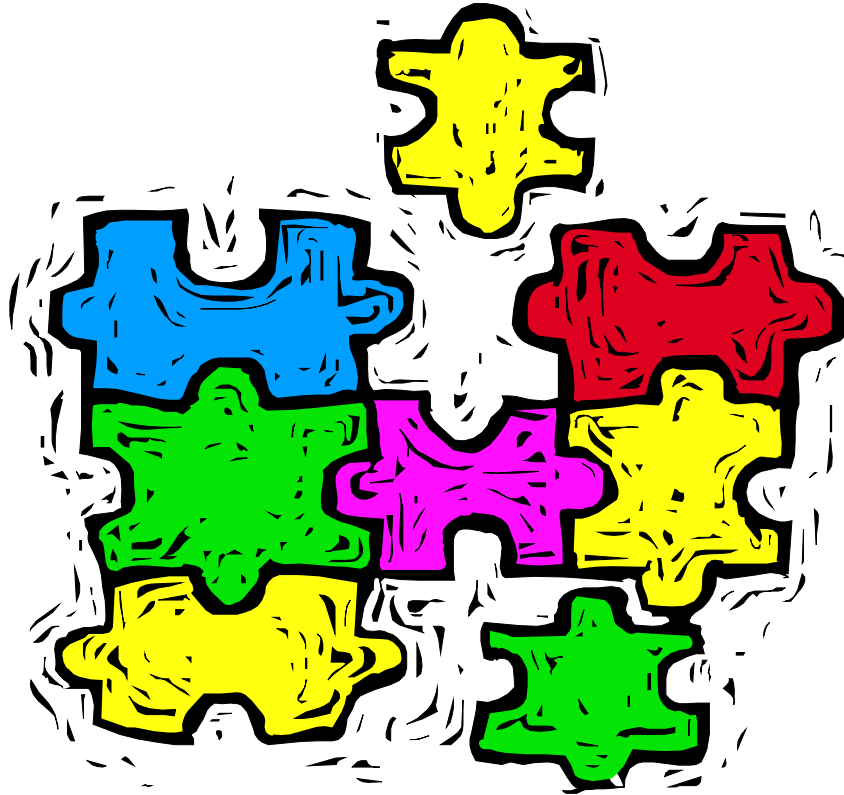
If you have small children, it's okay if they color or draw while you read to them. If you have daughters who like to sew or knit, read aloud time is a great time for them to do that, while they listen to the story.

Cherish your children. Look them in the eye, and smile at them. Hug them, kiss them, and be proud of them.

Most importantly, when you're tired, be happy and cheerful anyways. Persevere, and your tiredness, and "I don't want to" thoughts will dissipate, and be replaced with the Joy of the Lord.



## Putting it all Together



*Making the pieces of the puzzle fit and work together...*

Now you have all of the sections of your binder. If you haven't done so already, stick each piece of paper into its own clear page protector. Also, use your stick on tabs to divide up your binder in its sections, for ease of use.

I know that it can help to see other people's binders, and see how they've done it. If you do a search on Google.com and/or YouTube.com, you'll find homemakers all around the world giving tours of their own Home Management Binders.

Meanwhile, this book will provide you with a sample binder. This sample binder starts on the next page. I urge you to read it, as it will contain information that has not yet been mentioned in this book. The sample binder may also give you some ideas for your own binder.

If you find yourself stuck in creating your own Home Management Binder, then you may want to print out the sample binder from this book, and use it, while you modify it for your own family dynamics and situation.



## Sample Home Management Binder

### Section 1 – Schedules

#### Master Schedule

<b>Time:</b>	<b>Mom:</b>	<b>Child 1:</b>	<b>Child 2:</b>	<b>Child 3:</b>
7:00am	get up and get dressed	get dressed and do room chores	get dressed and do room chores	get dressed and do room chores
7:15am	M-F sewing / Sa gardening	activity at table	activity on living room floor	activity with dad, or mom's helper with sewing
8:00am	make breakfast	breakfast chores	breakfast chores	breakfast chores
8:30am	eat breakfast	eat breakfast	eat breakfast	eat breakfast
9:15am	family Bible study	family Bible study	family Bible study	family Bible study
9:45am	M-F exercise / Sa gardening	room play time	room play time	room play time
10:45am	shower off	room play time or play outside	room play time or play outside	room play time or play outside
11:00am	cleaning chores for the day	chores	chores	chores
11:30am	make lunch	free time	free time	free time
12:00pm	eat lunch	eat lunch	eat lunch	eat lunch
12:45pm	M-F get	homeschool	homeschool	homeschool

	out supplies and prep for one on one home school time / Sa read out loud time	or read aloud time	or read aloud time	or read aloud time
1:00pm	M-F one on one home school time with each of the children / Sa go to town and run errands	homeschool or run errands with mom	homeschool or run errands with mom	homeschool or run errands with mom
4:00pm	M & W-Su cook dinner / Tu weekly ___?___ meeting, and potluck, dinner out, or frozen pizzas afterwards	help mom or be with dad	help mom or be with dad	help mom or be with dad
5:30pm	eat dinner	eat dinner	eat dinner	eat dinner
6:30pm	family read out loud time	family read out loud time	family read out loud time	family read out loud time
7:00pm	bathe kids	bath	bath	bath
8:00pm	tuck in	bed or	bed or	bed or

	young children	quiet time	quiet time	quiet time
8:30pm	shower	bed or quiet time	bed or quiet time	bed or quiet time
9:00pm	time with husband	bed or quiet time	bed or quiet time	bed or quiet time
10:00pm	get ready for bed, then personal devotional, prayer, and Bible study time	sleeping	sleeping	sleeping
10:30pm	go to bed	sleeping	sleeping	sleeping

## **Routines**

### **MORNING ROUTINE:**

- ❑ Get up and get dressed
- ❑ Get the kids ready
- ❑ Fix beds
- ❑ Breakfast
- ❑ Brush teeth

### **AFTER MORNING – AFTER NOON ROUTINE:**

- ❑ Family Bible study
- ❑ Exercise

- ❑ Clean
- ❑ Lunch
- ❑ Homeschool

#### EVENING – NIGHT ROUTINE:

- ❑ Dinner
- ❑ Kid's baths
- ❑ Family read aloud time
- ❑ Tuck in kids
- ❑ Tidy up the house
- ❑ Shower
- ❑ Personal Bible study

### **Exercise Routine**

[This exercise routine is to be done on Mondays, Wednesdays, and Fridays. Do cardio (such as jogging or cycling on the other days. Take weekends, or at least Sundays, off.)]

WARM UP = 20 marches; 20 jumping jacks, 10 push ups, standing stretches

CARDIO = 20 plie jumps, 20 jumping jacks

STANDING UPPER BODY = 20,5,5 lat pulls; 20,5,5 shoulder press; 20,5,5 French press; 20,5,5 bicep curls --- 10,5,5 lat pulls; 10,5,5 shoulder press; 10,5,5 French press; 10,5,5 bicep curls

CARDIO = 20 plie jumps; 20 marches

STANDING LOWER BODY = 20,5,5 squats, 20,5,5 lunges, 20,5,5 plie squats, 20,5,5 dips, 20,5,5 cross lunges, 20,5,5

calves at all three toe positions, 20,5,5 curtsy lunges ---  
10,5,5 squats, 10,5,5 lunges, 10,5,5 plie squats, 10,5,5 dips,  
10,5,5 cross lunges, 10,5,5 calves at all three toe positions,  
10,5,5 curtsy lunges

UP AND DOWN = 20,5,5 obliques, 10 pushups, 20,5,5  
obliques, 10 pushups

ABS FLOOR WORK = 20,5,5 upper body crunches, 20,5h  
lower body crunches, 20,5,5 alternating side crunches, 20,5h  
lower abs leg walks, 20,5h lower abs bicycles, 20,5h upper  
and lower crunch combo, 20,5,5 upper body crunches, stretch  
--- 10,5,5 upper body crunches, 10,5,5 lower body crunches,  
10,5,5 alternating side crunches, 10,5h lower abs leg walks,  
10,5h lower abs bicycles, 10,5h upper and lower crunch  
combo, 10,5,5 upper body crunches, stretch

COOL DOWN = Full body stretch, done mostly on the floor.

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## **Section 2 – Menu**

### **Breakfast:**

MONDAYS – Scrambled eggs, toast, fresh fruit, milk

TUESDAYS – Baked oatmeal, fresh fruit, milk

WEDNESDAYS – Baked French toast, fresh fruit, milk

THURSDAYS – Boiled rice eaten as a cereal, fresh fruit, milk

FRIDAYS – butter and peanut butter toast, fresh fruit, milk

SATURDAYS – Omelet, toast, fresh fruit, milk

SUNDAYS – Breakfast/egg casserole, fresh fruit, milk

### **Lunch:**

MONDAYS – Peanut butter honey sandwiches, fresh vegetables, fruit juice

TUESDAYS – Cheesy rice, fresh vegetables, fruit juice

WEDNESDAYS – Tuna sandwiches, fresh vegetables, fruit juice

THURSDAYS – Hard boiled egg sandwiches, fresh vegetables, fruit juice

FRIDAYS – Homemade macaroni and cheese, fresh vegetables, fruit juice

SATURDAYS – Baked cheese sandwiches, fresh vegetables, fruit juice

SUNDAYS – Tuna sandwiches, fresh vegetables, fruit juice



Dinner:

MONDAY – Spaghetti, mashed sweet potatoes, salad,  
Kombucha

TUESDAY – Lentil stew, steamed veggies, Kombucha

WEDNESDAY – Roasted chicken, roasted veggies, Kombucha

THURSDAY – Homemade chicken soup, salad, Kombucha

FRIDAY – Salmon on rice, salad, Kombucha

SATURDAY – Pot roast (or roasted lamb), roasted veggies,  
Kombucha

SUNDAY – Split pea soup, baked potatoes, Kombucha

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### **Section 3 – Cleaning**

Monday: Trash; bedding laundry; stove top; appliances; focus cleaning; project

Tuesday: Towel laundry; mirrors and screens; dusting; wipe downs, focus cleaning; project

Wednesday: Children's laundry; sinks; showers and tub; toilets; focus cleaning; project

Thursday: More children's laundry; hard floors; focus cleaning; project

Friday: Hubby's and my laundry; rugs and carpets; focus cleaning; project

Saturday: Office work; purse, yard, cars

Sunday: REST

Table Chores:

Clear table – put away leftovers, dishes in sink, napkins and like in trash...

Wipe table, or wipe off and put away place mats. (Wipe table while doing this.)

Sweep

Dishes

Wipe off counters, and clean sink

If dinnertime, replace wash clothes and dish towels with clean ones.

### Child 1's Table Chores

Clear table, rinse dishes, help sweep, and wipe off side of fridge and dishwasher

### Child 2's Table Chores

Put away place mats after mom cleans them, pick food and trash off of floor and throw away

### Child 1's Daily Chores

Always: make bed, clean room, tidy up when he sees it needed throughout the house, etc.

Monday: Help with trash; change sheets on bed, and bring dirty sheets to laundry room; wipe down washer and dryer

Tuesday: Clean surfaces in second bathroom

Wednesday: Clean toilet bases

Thursday: Does and puts away own laundry; sweeps laundry room

Friday: Uses sweeper in his bedroom

Saturday: Clean yard and sweep sidewalk

Sunday: REST

### **Focus Cleaning:**

Monday:  
Fridge and freezer  
Microwave  
Oven

Stove

Tuesday:

Main kitchen counter

Other kitchen counters and surfaces (not table)

Kitchen table

Bathroom counter

Other bathroom counter

Bedroom counter

Wednesday:

Kitchen sink

Bathroom sink

Other bathroom sink

Bedroom sink

Main shower

Tub

Other shower

Toilet

Other toilet

Thursday:

Kitchen floor

Bathroom floor

Other bathroom floor

Friday:

Living room carpet

Dining room and office carpet

Master bedroom and hallway carpet

5yr old's room

2yr old and baby's room

Saturday: None

Sunday: None

**Projects:**

sort toys

org kitchen

org pantry

org bathrooms

org all books, CDs, DVD, videos, etc

org dining room

org desks and office

org master bedroom

org children's rooms

org all clothes

clean windows

clean doors and frames

clean walls, switches and light fixtures

super-vacuum and clean all furniture

bleach tile grout

clean cabinet doors

clean behind and under fridge, dishwasher, etc.

clean all indoor trash cans

clean high chair thoroughly

## **Section 4 – Homeschool**

### **Homeschool for 5 Year Old**

- Read out loud
- Reading comprehension
- Oral narration
- Silent reading, then more oral narration
- Counting by 1s, 2s, 5s, and 10s
- Memory work
- Math worksheet
- Copy work
- Go over worksheets with mom, and correct mistakes

### **Homeschool for 3yr Old**

- Colors flash cards
- Shapes flash cards
- Letters books
- Counting
- ABC song

### **Homeschool for 1yr Old**

- Ball, blocks, puzzle, or drawing
- Walking practice

## Section 5 – Child Training

### Daily Activities:

| Day              | Child 1     | Child 2     | Child 3        |
|------------------|-------------|-------------|----------------|
| <b>Monday</b>    | Reading     | Reading     | Picture book   |
| <b>Tuesday</b>   | Chalk board | Cars        | Blocks         |
| <b>Wednesday</b> | Coloring    | Coloring    | Rattle ball    |
| <b>Thursday</b>  | Puzzle      | Puzzle      | Puzzle         |
| <b>Friday</b>    | Lego blocks | Lego blocks | Lego blocks    |
| <b>Saturday</b>  | Cars        | Blocks      | Small toys     |
| <b>Sunday</b>    | Drawing     | Drawing     | Nesting blocks |

### Weekly One Hour Training:

| Child 1                                                                                                                                          | Child 2                                                                                                                           | Child 3                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>▪ how to properly floss teeth</li> <li>▪ comb hair</li> <li>▪ trim nails</li> <li>▪ clean ears</li> </ul> | <ul style="list-style-type: none"> <li>❖ potty practice</li> <li>❖ dress and undress</li> <li>❖ put on socks and shoes</li> </ul> | <ul style="list-style-type: none"> <li>• practice standing and balancing</li> <li>• practice sitting quietly on moms lap</li> </ul> |

### Family Activity Time:

|                   |             |
|-------------------|-------------|
| <b>Mondays</b>    | Play Sorry  |
| <b>Tuesdays</b>   | Play Uno    |
| <b>Wednesdays</b> | Take a walk |

|                  |            |
|------------------|------------|
| <b>Thursdays</b> | Play cards |
| <b>Fridays</b>   | Coloring   |
| <b>Saturdays</b> | Video      |
| <b>Sundays</b>   | Reading    |

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## **Recipes Section**

### **A Dinner Menu with Recipes Included**

#### **Monday**

Beef                                      and                                      Rice,                                      Salad

THE NIGHT BEFORE - Put two cups of brown rice into a bowl, and add filtered or bottled water to cover the rice. Pour in a few tablespoons worth of homemade whey, or vinegar. Cover the bowl, and let it sit out overnight until you make dinner tomorrow.

1. Cook one pound of full fat ground beef (not lean).
2. While the ground beef is cooking, get some water boiling, then drain your soaking rice, and add it to the boiling water to cook                                      the                                      rice.
3. While the beef and rice are cooking, make a salad.
4. Once the rice and beef are cooked, drain the beef. Add the rice into the skillet with the beef and keep it warm on the stovetop. Meanwhile, get a cup and a half of frozen mixed vegetables,                                      and                                      steam                                      them.
5. While the veggies are steaming, add 1/2 stick of REAL butter to the beef and rice, and mix in. Then, add 1.5 teaspoons of sea salt, and 1/4 teaspoon of pepper and mix that                                      in                                      as                                      well.
6. As soon as the veggies are steamed, mix those into the beef and                                      rice                                      mixture                                      too.

All done. You now have your beef and rice and a nice salad for dinner.

## **Tuesday**

Mackerel                  Loaf,                  Salad,                  Baked                  Potatoes

1. Wash several potatoes, poke holes in them, and put them (uncovered, with no foil) into a 350 degree oven for 1.5 hours. After they have been cooking for 25 minutes, move on to step 2.

2. While the potatoes are still baking, in a medium mixing bowl put in the following: 1 can of Mackerel fish, 2 slices of crumbled up bread, 1/3 cup minced onion; 1 or 2 cloves of fresh minced garlic, 1/4 cup whole milk, 2 eggs, and 1/4 teaspoon pepper.

3. Mix it all together, then put into a buttered bread pan.

4. After your potatoes have been baking for 45 minutes, put the Mackerel loaf in the oven with them. Keep the temperature the same, and bake the loaf for 45 minutes. When the loaf is done, it will be time to take the potatoes out as well.

5. While the loaf and potatoes are baking, make a salad.

6. After the salad is made, wash some dishes, wipe down your counter, and wait for the rest to finish baking, and then it's dinnertime.

## **Wednesday**

Omelet,                                  Steamed                                  veggies

1. In a bowl, put in several to a dozen or more eggs (try to buy only Omega 3 eggs from the store).

2. Mix in some buttermilk (instead of milk or cream) and beat the egg mixture before adding to a buttered skillet to cook.

3. As you start cooking the eggs, add in some veggies and

cheese. Put in what you have laying around in the fridge, and what your family likes. I'll often put in garlic, onions, celery, and mild cheddar cheese. Tomatoes, peppers, and scallions are great to add as well, if you have them.

4. Grab some frozen vegetables from the freezer and steam them, and then dinner is ready.

## **Thursday**

Roasted Chicken and Roasted Veggies

THE NIGHT BEFORE - In a large crock pot, put in a whole chicken, 3 stalks of chopped celery, 3 carrots that have been peeled and diced, 1 whole onion, diced or sliced into rings, 2 or 3 cloves of fresh minced garlic. Put all of this into the crock-pot, and then put the pot into the fridge.

THURSDAY MORNING - Take the crock-pot of goodies out of the fridge. Clean and slice (into big, chunky portions) 4 or more potatoes. Add the potatoes to the crock-pot, placed around the chicken. Start the crock-pot cooking on low, and let it slow cook all day.

2 HOURS BEFORE DINNER - Add a few handfuls of washed and snapped green beans on top of the chicken, and let it continue to slow cook until dinnertime.

AT DINNER TIME - Take the veggies out of the pot and put into serving bowls. Then, take all of the meat off of the chicken (the meat will fall off easily) and put that into another serving bowl. Then, put all of the bones and chicken skin back into the chicken liquid that's left in the crock-pot. The mixture will look gross, but that's okay. Add some COLD water, to fill the crock pot to about 3 inches beneath full, and then pour in about 1/4 cup of apple cider vinegar. Set the crock-pot to cook on low all night. You are using the chicken juices, and it's skin and bones to make a cancer fighting, healthy, delicious chicken stock/broth.



NOTE: Save back one cup of chicken broth drained from the soup for part of tomorrow's dinner.

## **Saturday**

Black beans and Rice, Baked Potatoes

THE NIGHT BEFORE - Take a bag of dried black beans (about 1 pound) and put in a bowl. Add some filtered or bottled water, until the beans are well covered, then pour in  $\frac{1}{4}$  cup of whey or vinegar.

Cover the bowl and let the beans sit out on the counter to soak overnight. Next, put a cup of brown rice into a bowl, and cover the rice with water, and a few tablespoons of whey. Let this sit out (covered) on the counter overnight to soak as well.

SATURDAY MORNING - Drain the water from the black beans, pour them into the crock-pot, and add fresh water, the cup of chicken broth you saved, and one whole stick of real butter. Turn the crock-pot on low, and let the beans slow cook all day.

A FEW HOURS BEFORE DINNER - Mix in 1.5 tablespoons of sea salt, and 1 teaspoon of pepper. Then, drain the rice and add that to the mixture as well.

AN HOUR AND A HALF OR SO BEFORE DINNER - Wash several potatoes and poke holes in them. Bake them (uncovered, and with no foil) in the oven at 350 degrees for an hour and a half.

BEFORE DINNER - Mix the beans and rice, and then serve the beans and rice and baked potatoes for dinner.

## **Sunday**

Salmon Loaf, Baked Potatoes, Salad

1. Wash several potatoes, poke holes in them, and put them (uncovered, with no foil) into a 350 degree oven for 1.5 hours. After they have been cooking for 25 minutes, move on to step 2.
2. While the potatoes are still baking, in a medium mixing bowl put in the following: 1 can of Salmon fish, 2 slices of crumbled up bread, 1/3 cup minced onion; 1 or 2 cloves of fresh minced garlic, 1/4 cup whole milk, 2 eggs, 1/4 teaspoon pepper.
3. Mix it all together, then put into a buttered bread pan.
4. After your potatoes have been baking for 45 minutes, put the Salmon loaf in the oven with them. Keep the temperature the same, and bake the loaf for 45 minutes. When the loaf is done, it will be time to take the potatoes out as well.
5. While the loaf and potatoes are baking, make a salad.
6. After the salad is made, wash dishes, wipe down your counter, and wait for the rest to finish baking, then it's dinnertime.

There are more sections we could add to this sample binder, such as a Budget section, and a People Contact section. Neither section is mandatory. A basic Home Management Binder should have the basic sections of: Schedules, Menus, and Cleaning. The other sections are just sections that you add, as you need them in your life.

For example, if you have children, then you'll probably have a Children section. If you homeschool your children, then you'll likely also have a "Homeschool" section.

Personalize your binder to fit YOU.

## **What Using My Home Management Binder Has Done For Me...**

### **A Few Testimonies**

*I love using my binder. Let me count the ways:*

- 1. Several times our power has gone out in a storm and I've been able to quickly call to report it because I have the electric company's phone number and our account number in my emergency section.*
- 2. I am much more disciplined in housekeeping with a weekly schedule of what to do when.*
- 3. I can plan a grocery list quickly because of the meal ideas in my menu section.*
- 4. Holiday shopping is easier because I have a gift idea list in my holiday section.*
- 5. Camping is a whole lot easier because I have a packing list, food list, wish list, etc. in my camping section.*

*I think all households can benefit from a binder, whether you stay at home or work outside the home, whether you have children or not, whether you're young or old. And it's so cheap and easy to do. You don't need a printer – notebook paper is fine. A decent binder can be made for less than \$10.*

*-Allison*

*My testimony isn't that it makes my life run ultra smooth, or that I keep up with it perfectly. It just keeps me really focused, and gives me a "go to" place for things I need to find fast. My husband is constantly impressed with what I pull out of it. I have made my master schedule according to my ideal day, but*



quickly found that I was trying to impress an unknown someone.

The other day, I actually did something different. I ran my day how I thought it would go smoother, and wrote THAT down. That is my new schedule. I really love the idea behind my home management binder being my curriculum, day planner, prayer place. I love having lists of books I want to read, subjects I want to study further, articles that really made me think. Our jobs as homemakers are all encompassing, our binders prove that and it makes me feel so blessed to look through and realize, (though not vainly) how very important my having things together is for our family's peace and contentment.

I felt a little pressure at first to have it be like someone else's, or a combo of everyone else's and that's not the point. It's about YOUR life and family....And that is the most awesome part. It's not a control journal, because we really aren't in control of anything and if you are like me, it just reminds me to remember Who really IS in control.

-Melissa

I love my binder! It helps me to be a better helper to my husband. I can quickly get to receipt or phone numbers he may need. I filed it in my binder so it was easy to find. My days are much better organized. I have my daily schedule and cleaning routine in my binder. What I need to get up and do is laid out for me in my binder. This is helpful when you have been up all night with sick babies. I am able to surprise my husband and kids with gifts they really wanted. Because I took the time to write it down in my binder it was easy to find when I needed it. My binder has a place to keep the things I need to help my day and household to run smoothly.

-Stacey

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## Energy

A common complaint that is especially prevalent among many stay at home moms is this:

*I just have no energy. I fall out of bed in the morning, push hard all day, and then fall back into bed exhausted. I just don't seem to have the energy to get everything done.*

There is a little psychological trick that has been known to remedy the above situation in many cases. This trick not only seems to fix much of the energy problem, but also pleases our husbands.

The trick is not a secret. It's simple: it's in how you dress. One of the very first things you should do when you get up in the morning, is to put on a beautiful, feminine, modest dress. After that, brush your hair, and maybe braid it, or pull the sides of your hair back, and fasten with it a barrette.



Dress in such a way that if you need to do a quick, unplanned run to the store, or are spontaneously invited to a social gathering, *you're already ready already.*

When you dress nicely, and have your hair done, you'll find that your energy is suddenly there (and your husband will likely love it as well). Give it a try.



Besides, the Bible says that we ladies are to dress feminine and modest, so we might as well do it. I find it quite fun. If you don't already dress this way, give it a whirl. A great website for obtaining wonderful dresses at a low cost is at: <http://www.modestapparelusa.com>.

Why not wear a feminine head covering as well? You can get great head coverings from <http://www.garlandsofgrace.com>.

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## **Urgent Information**

You can't do it on your own. You could have the greatest Home Management Binder in the world, and you still wouldn't be able to do it on your own. You may be able to fake it for a while, but it won't last.

Discouraged? Don't be. There is Someone that will help, support, motivate, and enable us, so that we can do it.

His name is Jesus Christ. Either you know Him, or you think you know Him (but don't), or you don't know Him. For those who don't know Him, you may find that you are now offended. *Why is that?*

It's because there is power in the name of Jesus. By the mere mention of His name, demons shiver, sickness flees, hearts are healed, and souls are saved.

You can talk to an average secular person about Mohammed, Buddha, New Age Pyramid Power, etc., and that person is fine and comfortable with the conversation. Yet, once you mention the 'J' word, they stiffen up. *Why is that?* It is because there is power in the name of Jesus.

Have you read the Bible? It's a miracle – the Bible. It was written over thousands of years by over 40 different authors in different walks of life - from a tax collector, to a doctor. Here is the miracle: the Bible agrees with itself. There are no contradictions. In order for man to do this, each author would have to have written his book last. That is impossible. The miracle of the Bible is miraculous - because God inspired it.

The Bible is God's love letter to you; it is life's instruction manual.

The central message of the Bible is this:

We are all sinners. A sinner cannot stand in God's presence, and thus, cannot get into heaven. Therefore, God sent his only begotten Son, Jesus Christ, to make a way for us to get into heaven; and His way is the only way.

The wages of sin is death. Jesus died this death in our place, such that if we accept his love gift of dying in our place, and acknowledge Jesus as our Lord and Saviour, then Jesus' blood cleanses us from all sin, and we have a "get into heaven free card."

For more information on this, please open a King James Bible (if you don't have a King James Bible, then you can read one online for free at:

[http://www.biblegateway.com/passage/?book\\_id=50&chapter=1&version=9](http://www.biblegateway.com/passage/?book_id=50&chapter=1&version=9) ) and read the Gospel of John. Pay special attention to John chapter 3, verse 16, and read Romans chapter 10, verses 9-11 in parallel with John 3:16. The answers are there. I urge you to read them for yourself, and to do so before it's truly too late.

### **Think About It...**

*You have been really stretching yourself for the past few days. You have been heading up a big event for a church charity. All of your work is volunteer work, and the hours are daunting. You come home from your last day of volunteer work, and you are so tired, that you just want to take a nice bath, and sleep for 12 hours straight.*

*You open the door to your house, and step into the living room, to find that it is a mess. Clothes are strewn everywhere, and there are toys all around. Next, you go into the kitchen, to find that the sink is full of dishes. The bathroom is no better. There is no toilet paper, and the toilet is clogged and about to run over.*

*You go to the Family room to see what's going on with your children and husband. You walk in to find that they are sitting on the floor, happily playing a board game.*

Stop for a minute. How would you react? Pick the best answer from the below that best describes your reaction:

- A) You pretend that the mess doesn't bother you, and join your family in the board game. Meanwhile, you're thinking about how disrespectful and ungrateful your family is, and you feel like the housewife martyr.
- B) You storm into the room, yelling at your family, and screaming your disgust at them.
- C) You burst out in tears, and remind them of how hard you worked, and asked why they just couldn't keep the place clean while you were gone.

If your response would be nothing like any of the above, then your response would have probably been a really good one... or an extremely bad one. Maybe you'd kill them (very bad), or maybe you would instead react in a godly way (very good) like the below:

Think about it logically...

Is your family's aim really to thwart your hard work? Is it really to put you down, and make your life harder? Unless you have hard evidence to back these assumptions up, then that's all they are – assumptions.

Here's what happened:

You came home, and it was a mess inside. Period. What you assume in your head besides this is not worth your time. You have what's in front of you. You have the fact. Getting angry with your family because of a messy house is your thinking of yourself as a martyr, or a victim. *Poor you, right?* That is not a good attitude, and it is not a trait of a godly woman. We all know that it is not good to feel sorry for ourselves.

Here is a better solution: Enjoy the playing the board game with your family, and then clean up. Have the children pitch in and help out.

If you have trained your children's hearts to be humble and caring, then they will gladly help you, and it could be quite fun.

My point here is this: Things will rarely ever go your way. Are you going to be a sour puss about it? Or are you going to enjoy the blessings that are all around you? So what if you have to scrub toddler poop off of the mattress, mold off of the sitting dishes, sour milk out of the carpet, and snot off of the couch. These are trivial things, and don't take as long to do, as we tend to think they do.

When you are working, do it as if you are doing it for the Lord. You WILL be blessed for it. Whistle, smile, and sing unto the Lord.

After your work is done, please don't mention to anybody how you felt when you got home, and how you got over it anyway. For then you would already have your reward. Instead, reap the reward from God:

*Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly. -Matthew 6:1-4*



## **You're Organized, Whether you Are or Not?**

When most ladies want to be organized, they will make a plan like this:

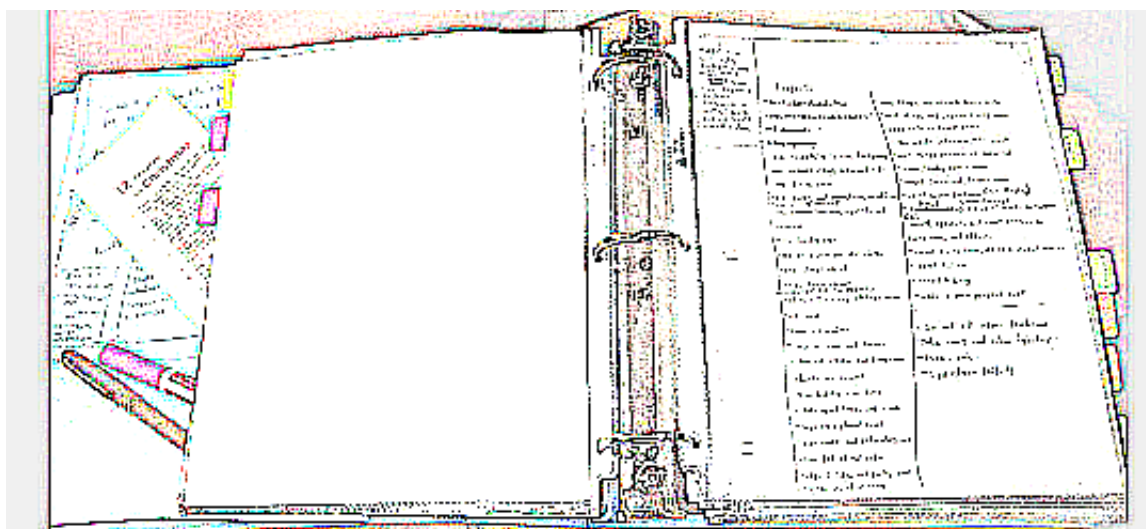
1. Plan the organization
2. Get organized
3. Stay organized, and live happily ever after

Here's the problem: a large percentage of ladies will never be able to do, or keep doing the above. Most ladies will fail. Why: Because they are doing it backwards.

Instead, declare yourself organized right now, and then start living like it. As you live organized, you will work on your Home Management Binder (remember, it changes as you do. It is never really done) and your house and life will reflect your organization.

I'm not saying you should fool yourself, or play pretend. I'm saying that you first need to commit to being organized, and then be organized. Try it like this:

1. Declare yourself as an organized person, and commit to staying that way.
2. Each day, perfect your organization, and remember that organization is always an ongoing process. An organized person is someone who's always organizing – you're *never* done.
3. Enjoy the results!



~~~\*~~~

## **Enjoy Yourself**

Have fun with your Home Management Binder, and don't forget to smile your way through each joyful day. Life is too short to dwell over things that aren't going your way. Give it all to God, and let it go. Smile and enjoy this wonderful life that God has given you.

The following pages are printouts. If you are at a loss as to how to arrange your binder, then feel free to print out those pages, and just pencil in your information.

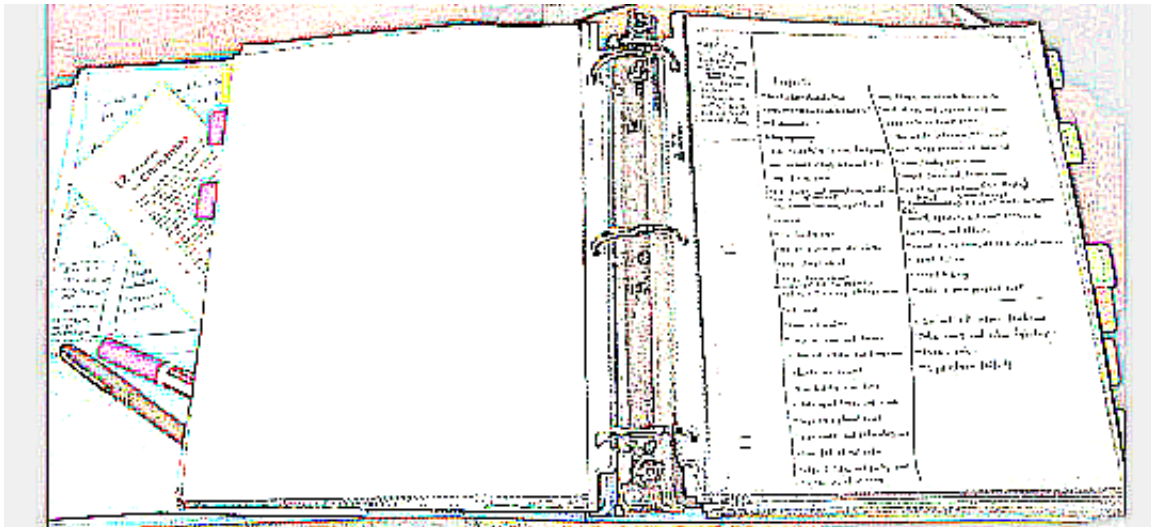
Following the printouts is a recipe book with numbered chapters. Read through those, and if there are any you like, then add them to the Recipes section of your Home Management Binder.

Enjoy.



~~~\*~~~

# HOME MANAGEMENT BINDER



*To every thing there is a season, and a time  
to every purpose under the heaven:  
Ecclesiastes 3:1*

Schedules Section

Master Schedule

| Time: | Mom: | _____: | _____: | _____: | _____: | _____: |
|-------|------|--------|--------|--------|--------|--------|
|       |      |        |        |        |        |        |
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## Routines

MORNING:

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## AFTER MORNING – AFTER NOON:

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## EVENING – NIGHT:

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## Exercise Routine

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Menu Section

**Menu**

Breakfast:

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| <b>Sunday</b>    |  |

Lunch:

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Dinner:

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| <b>Tuesday</b>   |  |
| <b>Wednesday</b> |  |
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| <b>Sunday</b>    |  |

## Master Grocery List

[illegible]

## **Recipes - page 1**



## **Recipes - page 2**

## **Recipes - page 3**

## Cleaning Section

### Daily Cleaning Duties

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| <b>Tuesday</b>   |  |
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## Children's Cleaning Chores

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## Table Chores

Mom's Table Chores:

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## Focus Cleaning

|                  |                                              |
|------------------|----------------------------------------------|
| <b>Monday</b>    | Week 1 –<br>Week 2 –<br>Week 3 –<br>Week 4 – |
| <b>Tuesday</b>   | Week 1 –<br>Week 2 –<br>Week 3 –<br>Week 4 – |
| <b>Wednesday</b> | Week 1 –<br>Week 2 –<br>Week 3 –<br>Week 4 – |
| <b>Thursday</b>  | Week 1 –<br>Week 2 –<br>Week 3 –<br>Week 4 – |
| <b>Friday</b>    | Week 1 –<br>Week 2 –<br>Week 3 –<br>Week 4 – |

**Projects**

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## Child Training Section

### Activities for each child

| <b>Day:</b>      | <b>_____ 's</b> | <b>_____ 's</b> | <b>_____ 's</b> | <b>_____ 's</b> | <b>_____ 's</b> |
|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| <b>Monday</b>    |                 |                 |                 |                 |                 |
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### Training time for each child

| _____’s | _____’s | _____’s | _____’s | _____’s |
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## Daily Family Free Time Activities

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Other Section

**Other Information – Page 1**

## **Other Information – Page 2**



## **Other Information – Page 3**

Recipes Section

**More Recipes – Page 1**

## **More Recipes – Page 2**

## **More Recipes – Page 3**

# Recipes for the Joyful Christian Homemaker



The recipe section in this book is a bit different than most recipe/homemaking books. The recipes are in an order, in which many of them build off of one another. This book also contains information before, and sometimes after, some of the recipes.

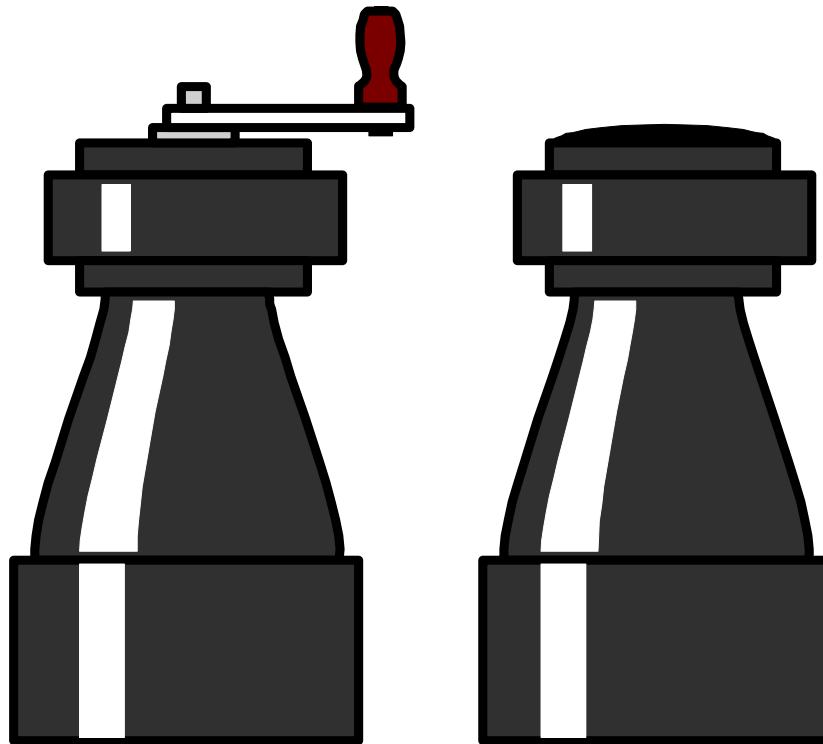
I suggest that you take some time to relax and read this book all the way through. Reading this book in that fashion will enable you to see the big picture, and then you will likely think up other recipes based off of the principles in this book.

You will learn the art of making much from little. You will learn such kitchen magic as making yogurt, buttermilk, kefir, etc. You will also learn how to make a fully risen loaf of bread using no ingredients other than flour and water. *That's it.*

I hope you enjoy reading this book. I had a lot of fun writing it. It is a relief that all of these recipes are now in written form, and no longer just floating around in my head, as many of them were.

Happy reading. ☺

## The Quality of Your Ingredients



## Organic or Not?

**Many of the good cookbooks will recommend that you use only organic ingredients. That is all fine and dandy if you happen to have a super-sized budget. However, most of us have middle to modest budgets for food, and many mouths to feed. How do we feed our families well, without breaking the bank?**

First off, if you can't afford to buy all organic food, then don't. If you are Christian, then you have a "secret" which will somewhat healthify (yes, I made that word up) your food a bit for you. That "secret" is this:

"For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer." -1 Timothy 4:4-5

God knows if you can't afford organic beef, so buy what you can, and give thanks for what you've got:

"For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content. But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition." - 1 Timothy 6:7-9

If you live in an area like I do, then the thought of buying fresh fish is out of the question most of the time. You know what I do? I buy canned tuna, canned salmon, and canned mackerel. I make those canned fish into delicious and nutritious meals, and I give God thanks.

If you are not a Christian, then you are not His child, and you do not have the Mediator – Christ Jesus to be the propitiation for your sins; you are therefore lost. This means you also do not possess the blessings of God, such as sanctifying your food through prayer and the giving of thanks. Becoming a



saved, born again Christian is very simple. God designed it that way because He loves you. Forget what organized religion says – they always seem to make it all too complicated. Let's see what GOD says:

“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.” –John 3:16-18

It's that simple. Jesus died on the cross to pay the penalty for YOUR sins. Believe on this, and accept Jesus into your heart as Lord and Saviour, and you are SAVED. When one truly believes this, then they become sealed with the Holy Spirit:

“In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise” - Ephesians 1:13

A Christian is a child of God, and should remember to give God thanks for what they have. The Lord is our Great Provider, and if we put our trust in Him, then He will always make sure we have what we need.

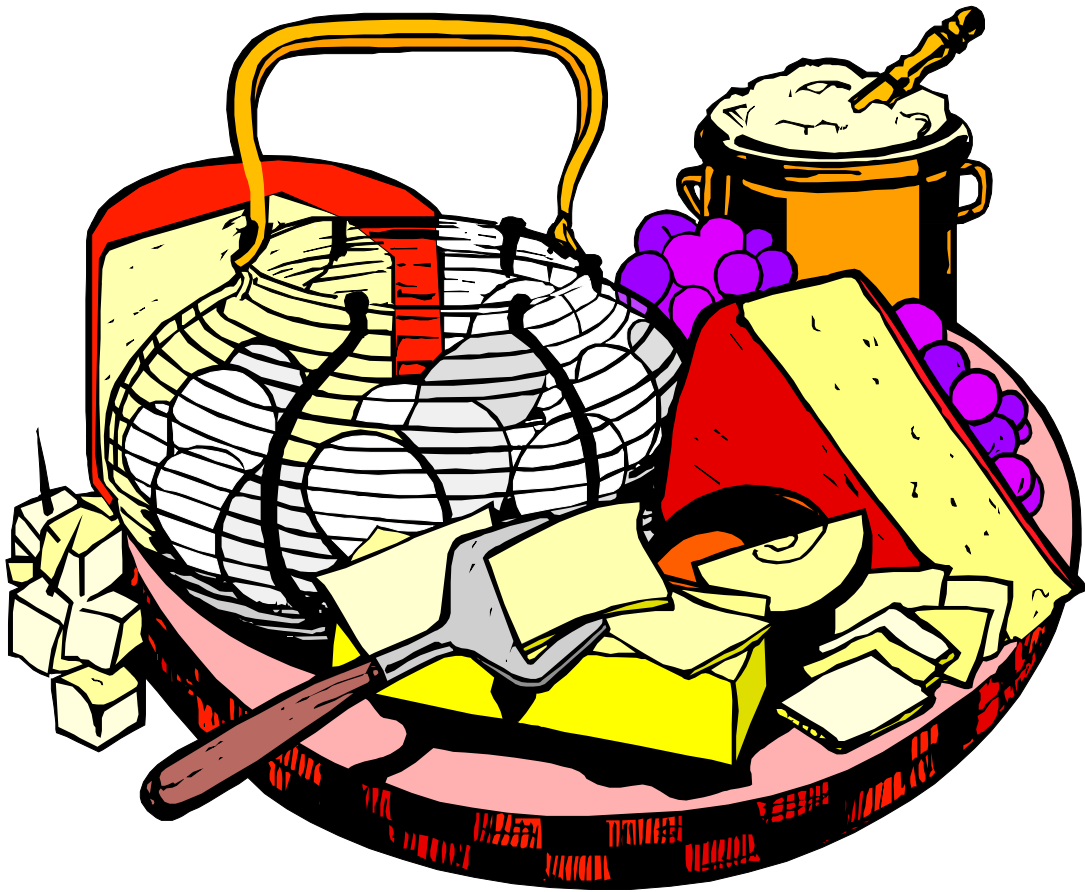
If you can't afford organic produce, organic meats, etc., then don't worry about it! Get what you can, and work with it.

The recipes in this book often call for “sea salt,” “pure vanilla extract,” “omega-3 eggs,” etc. If you can't get these things, then use regular salt, imitation vanilla, regular eggs, etc. Get the healthier stuff when you can, but when you can't, then don't, and still give thanks to God.

NOTE: The recommended good-for-you salt is always cold

processed sea salt, not dried via heat in order to speed production. Since this salt does not have any iodine added, you need to make sure you are getting enough iodine in your diet for proper thyroid function. Certain green foods can do this; one of them is kelp.

## Let's Start With The Basics



The recipes in this section may not make a lot of sense to make by themselves, but these are things you'll need to know how to make, and may want to have on hand, because these basics are the building blocks from which some amazing meals will be made, as shown later in this book.

## **Sourdough Starter**

Sourdough cookery is something that is wonderful to explore. The main use for sourdough is to naturally leaven bread. Commercial yeasts can cost a lot of money, aren't as healthy, and can be a hassle to always have available.

With today's food prices and food quality, I consider it a must to make my own bread. My family prefers my homemade bread to the store bought stuff.

Bread making is both easy and fun, as you'll see later in this book. A good, healthy bread should be 100% whole grain. Better yet, soak your grains. True sourdough breads are automatically soaked-grain breads.

Phytic acid exists in all grains, seeds, and legumes. Have you ever wondered why the instructions on the bags of dried legumes tell you to soak the legumes overnight first? Did you know that oatmeal boxes used to have soak-overnight-instructions as well?

Soaking grains, legumes, and seeds helps to deactivate the phytic acid present in these foods. Eating these foods unsoaked can inhibit your body from absorbing some of the calcium and other needed nutrients through the other foods you eat. Properly soaking these foods can them not only more nutritious, but also a lot more delicious.

I will show you how to properly soak some of these foods later in this book.

Sourdough starter is a great agent not only for leavening bread, but also for soaking the grains. You will learn how to do this in the chapter about bread making.

For now, you need to make some sourdough starter. This wonderful stuff takes about a week to make, and is a living culture of healthy bacteria, which will need to be “fed” at least once per week.

Having a culture of local, healthy bacteria in your food helps your body to fight off illness.

Are you intrigued? You should be, for sourdough is truly an amazing thing. Here are instructions on how to make and care for your new pet sourdough starter:

This is what you need to make sourdough starter:

- ✓ A bag of ground whole-wheat flour (if you can afford it, then use spelt instead. Or if you are able, use home-ground wheat).
- ✓ Spring water (NEVER use tap water with your starter. Tap water may kill it, because of chlorine and other chemicals commonly present in tap water. You can try filtered water, if you trust it.)
- ✓ A plastic or glass container (don't use metal) This container should be big enough to hold a lot of batter, and should have a lid that goes on top. Punch a small hole in the lid to allow a little bit of oxygen to get into the container.
- ✓ A very clean cloth, big enough to place on top of the container
- ✓ A rubber band

- ✓ A mixing spoon and measuring cups (it's okay if these are plastic, wood, or metal)

Are you ready to make the starter? This is *very* easy:

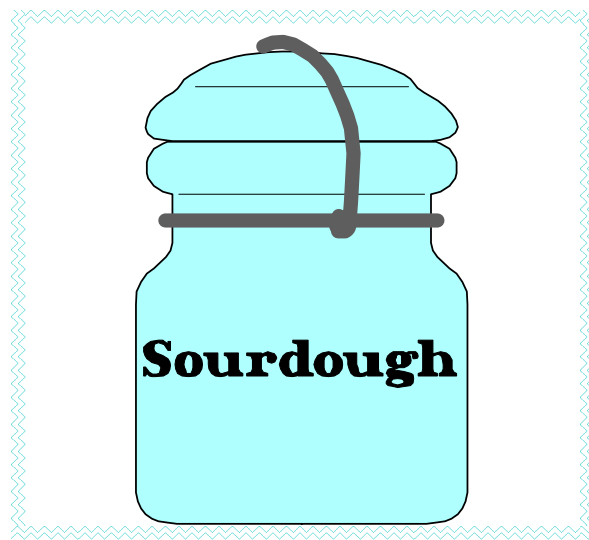
1. In your container, mix together one cup of wheat flour, and one cup of spring water.
2. Put the clean cloth on top of the container, and secure it on with a rubber band.
3. Sit the container on a shadowed/dark area of the counter, or in a cupboard away from any dust, contaminants, plants, or chemicals. Keep this container away from direct sunlight.
4. Leave the container alone, until tomorrow. (See how simple this is?!)
5. The next day, mix in one half cup of wheat flour, and one half cup of spring water. Mix well. Cover the container, and let it sit until day three.
6. Days three-seven: NOTE: The mixture will start becoming smelly. This is normal. It should start smelling sourish, or beerish. Mix in one half cup of wheat flour, and one half cup of spring water. Every day, add another half cup of wheat flour, and another half cup of spring water. [Please note: Your starter should NOT grow mold. If it's furry, then throw it away and start over.]
7. Day eight – you have sourdough starter. You can make bread today, or feed the starter again, and put it into your fridge until you need it. From this point on, always keep your starter in the fridge.

Feed your starter once per week, by giving it at least a half-cup of flour and a half-cup of spring water. If you end up having

too much starter, then give some away, throw some out, or make the extra batter into sourdough rolls to serve up with supper, or to give away.

Once every few weeks, you'll need to clean the sourdough's container. Either move the starter into an alternate container, or sit it in a bowl while you clean the main container. Simply wash the container with hot, soapy water, and then dry it.

Keep your starter in your fridge, when you are not using it.



## **Buttermilk**

You may not think you have much of a need for buttermilk, but you'll find that many of the recipes in this book call for buttermilk. Do you want to know the secret to wonderful homemade wheat bread? It's buttermilk. Do you want to know the secret to fluffy whole-wheat pancakes? Yes, it's buttermilk.

In later recipes in this book, you'll see the seemingly magic things buttermilk can do for your food. Make buttermilk; it's worth it, and it's *fun* to make.

Here is what you need in order to make buttermilk

- ✓ A one-quart mason jar
- ✓ A small carton of buttermilk from the store.
- ✓ Some whole milk (Do not use ultra-pasteurized, but regular homogenized and pasteurized, or raw is fine.)

How to make cultured buttermilk:

1. Put two tablespoons of buttermilk into the jar.
2. Fill the jar up the rest of the way with milk.
3. Seal the jar, and shake it, to mix the contents.
4. Place the jar into a cabinet, and leave it there for 24 hours.
5. 24 hours later: you have buttermilk. Put the jar of buttermilk into the fridge, and leave it in the jar until you're ready to use it.

Many people have asked me how long homemade buttermilk lasts in the fridge. Well, instead of going off of expiration dates, let your nose tell you. As a rule of thumb, I *always* sniff my homemade buttermilk before using it. Just as long as it looks like buttermilk and smells like buttermilk, it is likely fine.

Also, your homemade buttermilk will probably be thicker than the store bought stuff. In fact, it may have the consistency of store bought yogurt, but more stretchy. This is normal, and means you made a good, strong batch.





## **Kefir**

Kefir can be used in the place of buttermilk in all of the recipes calling for buttermilk in this book. Kefir is a delicious fermented dairy drink that tastes somewhat like carbonated yogurt with a slight bite. I know that may not sound appetizing, but it really is good. Kefir is very good for your intestines. It's a great idea to have a glass of kefir to drink every day. This book will show you three ways to make Kefir.

### **The Grains Way**

This is the most common and most popular way to make Kefir.

Here is what you need:

- ✓ Kefir grains (given to you from a friend, or purchased off of the internet, etc. Google it to find a supplier.)

- ✓ Milk
- ✓ A one-quart mason jar

### *How To Make It*

1. Put the grains into the bottom of the jar.
2. Fill the jar up with milk.
3. Set the jar into a cabinet for 24 hours.
4. 24 hours later: you have kefir. Move that kefir to a pitcher in the fridge, and start a new batch right away. You need to keep the grains busy making kefir, or they'll eventually die. They are living things, and they need to be in milk.

### The Powdered Way (my personal favorite)

There is another way to make Kefir. Kefir grains can be hard to get. Most people get their grains from friends, because each time you make kefir with grains, you get more grains, so you end up with plenty of extra grains or globs to give away. "The powdered way" of making Kefir is easier, because Kefir powder is easier to come by than grains are.

### What You Need

- ✓ Powdered kefir starter, such as the Yogourmet brand, which can be found in many health food stores, or ordered online. I get mine off of Amazon.com.
- ✓ Whole milk
- ✓ A one-quart mason jar

## How To Make It

1. Simply mix in the amount of powdered kefir starter into the amount of milk as specified in the instructions on the back of the Yogourmet box.
2. Let the mixture sit in a sealed mason jar in a cabinet for about 24 hours.
3. 24 hours later: You have kefir. Whenever you want to make more, just use more of your powdered kefir starter and make another batch. Powdered kefir starter will last in their unopened packets in the refrigerator for a very long time.

## The Fresh Starter Method

This method is a fun one, because it is easy, and the needed ingredients are very easy to come by. In the method above this one, you used a powdered starter, in this method, you use a bit of fresh kefir as your starter.

## What You Need

- ✓ 2 Tablespoons of store bought, ready to drink kefir, or of home made kefir from either of the above methods
- ✓ Some whole milk
- ✓ A one-quart mason jar

## How To Make It

1. Put 2 tablespoons of kefir into the bottom of the jar.
2. Fill the jar up the rest of the way with whole milk.

3. Seal the jar and shake it, to mix the contents.
4. Sit the jar in a cabinet for 24 hours.
5. 24 hours later: you have kefir. Keep back a few tablespoons of that kefir to start your next batch. Use that as your starter. Be sure to use that starter within a week, else it may not give you as good results.



## **Yogurt**

Yogurt is incredibly easy to make, and is extremely good for you. I suggest that you implement yogurt into your regular eating habits. You can eat the yogurt plain, or you can chop fresh fruits, such as strawberries and bananas, and mix those in with the yogurt.

Yogurt can also be used in the place of buttermilk in any of the recipes in this book.

There are many methods and ways for making yogurt. The method I am going to show you in this book is, in my opinion, the best and easiest way.

## **WHAT YOU NEED**

- ✓ A slow cooker, such as the Rival brand Crock Pot
- ✓ 8 cups of whole milk (do not use ultra-pasteurized, but regular homogenized and pasteurized, or raw is fine)
- ✓ ½ cup of live culture, store bought yogurt, to use as your starter

## HOW TO MAKE IT

NOTE: Start this process at around 4:30 in the evening, and then your yogurt will be ready by the time you get up the next morning.

1. Pour 8 cups of milk into your slow cooker.
2. Cover the slow cooker, and set it on low. Leave it on low, and leave it alone for 2.5 hours.
3. Two and a half hours later: turn off the slow cooker, and leave it alone for 3 hours, and let the milk just sit in there. Leave the lid on.
4. Three hours later: Use a whisk, and mix in ½ cup of yogurt.
5. Return the cover on your slow cooker, and then fold over a large, thick bath towel, and use that to cover over the top and sides of the slow cooker, to insulate in residual heat. Leave the slow cooker off, and leave the towel over it until the next morning.
6. The next morning: Take the towel off of your slow cooker, and then remove the lid. Use a good mixing spoon to mix up your new yogurt, and then pour it into a container and store it in the fridge.

Be sure to save back ½ cup of that yogurt, to use as a starter for the next time you make yogurt. Try to use up that ½ cup starter within a week. I suggest you make yogurt one or more times per week, depending on how much you need.

Homemade yogurt is a lot thinner than the store bought stuff. If you wish to thicken it, then you can strain it through a double layer of cheesecloth for a few hours. If you do this, then you would have made Greek Yogurt.

Do not thicken your yogurt with powdered milk. Powdered milk contains oxidized cholesterol, which is very bad for you. If you wish to thicken your yogurt, but you do not wish to strain it, then you can consider playing around with gelatin, or just mix in some mashed bananas for a thick, delicious banana yogurt.



### **Cream Cheese and Whey**

This recipe makes two things: Cream Cheese, and Whey. Whey is a yellow, watery liquid that will be essential for many recipes in this book, as you will see.

Whey has other benefits as well...

If someone in your household has diarrhea, or an upset stomach, then give them three or four ounces of whey to drink, and it may bring them some relief in a short amount of time.

As for cream cheese, most of us know how to use that. Homemade yogurt cream cheese happens to go perfect on top of homemade, whole-wheat sourdough bread, of which there are recipes for in the bread chapter of this book.

### WHAT YOU NEED

- ✓ A few cups of homemade yogurt
- ✓ A juice pitcher
- ✓ A double layer of cheesecloth
- ✓ A small, fine strainer, which can sit on top of your juice pitcher

### HOW TO MAKE IT

This is fun to make, as you'll be setting up a little contraption, and putting it into your fridge. When your husband looks in the fridge, he may give you a funny look when he sees this, but he'll think you're fabulous tomorrow, when the whey and cream cheese are ready, and he tries some.

1. Set the fine strainer on top of the empty juice pitcher.
2. Lay the double layer cheesecloth in the strainer. The cloth should be big enough so that it hangs over the sides of the strainer, and down the sides of the pitcher a bit.

3. Carefully put a few cups of yogurt into the strainer, on top of the double cheesecloth.
4. Use the extra cheesecloth that is hanging down the sides, and fold it over the top of the yogurt, so that the yogurt is completely wrapped in cheesecloth, sitting in the strainer on top of the pitcher.
5. Place the contraption into your fridge, and leave it there for 24 hours.
6. 24 hours later: it's done. There should be yellow whey sitting in the juice pitcher, and cream cheese sitting in the cheesecloth on top of the strainer. Pour the whey into a jar, and store it in the fridge. Put the cream cheese into a container, and store that in the fridge as well.

I've often been asked how long the whey and cream cheese will last in the fridge. I've been told that they last a very long time. I don't pay attention to "how long," so much as I do to *how does it look, and how does it smell?* If it looks and smells fine, then it is likely fine.

I follow the same rule here, as I do with buttermilk: I always sniff it before I use it.

Here is a picture of some cream cheese (in the container) and whey (in the jar):





## **Kombucha**

NOTE: I inserted the Kombucha recipe in this chapter, however none of the recipes in this book will call for Kombucha. Kombucha is a drink, and one that many people swear by. It may very well be one of the healthiest things you can ingest, and it tastes pretty good too.

Kombucha is one of the most amazing things I've ever made, and I highly suggest everyone at least give it a try. Some of its earliest roots have been traced to ancient China, but many believe it goes a lot further back. Kombucha may very well be a pre-flood-of-Noah drink. That would make this drink over 4400 years old.

This drink has been linked with helping people's bodies to heal from all sorts of ailments. Some people have reported that Kombucha played a big role in their cancer going into remission, and many ladies have reported that Kombucha has helped to get rid of thigh cellulite.

Many call Kombucha a "miracle drink." It really is amazing. One of the amazing things about it, is how it is made. You use two generally unhealthy ingredients – black tea, and white sugar. By the time the Kombucha is ready to drink (this will take 7-10 days) there is little to no tea or sugar left in the drink. It becomes its own thing, -a very healthy thing.

Some liken Kombucha as a healthy alternative to soda pop, probably because it is naturally carbonated, and has a kick to it. The flavor varies, but the usual flavors of Kombucha range from tasting like slightly sour sparkling apple cider, to tasting like carbonated apple cider vinegar. You can vary the flavor of your Kombucha by varying how long you brew it for.

You can also add flavors to your Kombucha, such as strawberry, lemon, ginger, etc. I'll get into that in a few moments, but first, let's brew some Kombucha...

The main thing you need is a SCOBY, also called a Kombucha mushroom. It's not really a mushroom, but it kind of looks like one, or kind of like a pancake. The more accurate term is SCOBY, which stands for Symbiotic Culture Of Bacteria and Yeast. I will refer to it as "Scoby" in this book.

The Bacteria and Yeast work together to form a perfect drink. The yeast eats the sugar and tea and the healthy bacteria eat the yeast. You are culturing bacteria, which keeps the yeast in our guts in check. It's possible that Kombucha can help treat Candida.

The biological process also creates nutrients, which are beneficial to the body, such as certain healthy acids that are helpful in fighting off cancer and free radicals.

Obtaining a Scoby can seem like a daunting task, but it doesn't have to be. Most people obtain Scobies by getting a "baby Scoby" from a friend. You see, each time you brew a batch of Kombucha, your Scoby will produce a new Scoby on top of it. The Scoby you used to make the brew is called the "mother," and the newly produced Scoby is called the "baby."

Yes, each time you brew, you get a new Scoby. I save mine, and give some of them away. Eventually, after several brews, your Scoby will turn a darker brown, and die, so make sure

you save up those baby Scobies, so that you always have one or more healthy Scobies to use.

Also, I often make multiple brews of Kombucha. Sometimes I have three brews going, side-by-side, and that involves my using three different Scobies – one per brew.

If you don't happen to have a Kombucha-making friend, then go to eBay, or other places on the net, and see if anyone is selling Kombucha babies.

Before I show you how to brew Kombucha, I am going to show you:

### How To Grow Your Own Scoby

#### WHAT YOU NEED

- ✓ A very clean jar
- ✓ A clean cloth
- ✓ A rubber band
- ✓ A bottle of Kombucha from a health food store, or ordered off of the internet.

#### HOW TO MAKE IT

1. Pour the bottled Kombucha into your jar. Let the floating brown globs and bits go into the jar as well. Those are the beginnings of a new Scoby. If the bottled Kombucha has absolutely NO globs or little stringy things floating in it, then it is a DEAD drink, and is worthless. Try a different brand.
2. Cover the jar over with a breathable cloth. You want to allow oxygen into the jar, but not fruit flies and other pests.

3. Use the rubber band to secure the cloth over the jar.
4. Place the jar in a dark, warm cabinet, where it is not near any chemicals, dust, or plants.
5. Leave the jar there, *undisturbed and unmoved* for two weeks.
6. Two weeks later: Take a look at the jar. Gently remove the cloth covering, and see if you have a whitish round pancake-like thing floating on top. If so, then you have a Scoby, and are ready to make Kombucha.
7. If you don't yet have a Scoby, or if you do, but it is very thin and somewhat clear, then re-cover the jar, and leave it alone for two more weeks, and then it should be ready.
8. Your newborn Scoby will be "hungry," so start it on a Kombucha brew as soon as you can.
9. If you ever see furry mold growing, then the Kombucha is a dead strain and will not grow a Scoby. Throw out that Kombucha, and clean the jar well. Little brown globs or strings are good, and are not mold. If you see those, they are good signs of a healthy Scoby.

## HOW TO MAKE KOMBUCHA

### WHAT YOU NEED

- ✓ A large glass container or canister. You can usually buy glass canisters from the kitchen section of Wal-Mart. This glass jar or canister should be big enough to hold 12 cups of water, and still have 3 or more inches room above the water.

- ✓ 12 cups of filtered, or spring water. Do not use unfiltered tap water, or it could kill your Scoby
- ✓ One cup of white sugar. Use fine (not coarse) organic white sugar, if you are able. If not, then just use regular white sugar. Honey, brown sugar, and syrups do not always produce good results, so use white sugar while you are learning, and then experiment later.
- ✓ Four bags of black tea. Use natural or organic tea, if you are able. If not, then use regular black tea bags.
- ✓ One half cup of Kombucha, or one half cup of apple cider vinegar IMPORTANT: Don't forget this ingredient.
- ✓ A Kombucha Scoby

## HOW TO BREW KOMBUCHA

1. Pour one cup of white sugar into the bottom of your glass brewing canister.
2. In a large pot, bring 12 cups of water to a hard boil, and then turn off the heat.
3. Pour the boiling water into your brewing canister, on top of the white sugar, and then use a spoon to stir the liquid, until all of the sugar is dissolved in the water. This will only take a minute or so.
4. Put the four tea bags of black tea in the sugar-water.
5. Loosely cover the canister with a clean cloth, and leave it sitting on the counter for several hours, until the tea has cooled to room temperature, or a bit warmer. Just make sure it's no warmer than body temperature.
6. Several hours later: Throw away the tea bags, and then pour in ½ cup of Kombucha or apple cider

vinegar. This is an important step, as this will help ensure that your brew won't mold during the week.

7. Gently float the Kombucha Scoby on top of the tea. The Scoby may float, sink, or be somewhere in between. Either way is fine.
8. Cover the canister over with a clean, breathable cloth, and secure that cloth on with a rubber band.
9. Set the canister in a dark cabinet, away from any contaminants, for one week.
10. One week later: Gently remove the cloth, and see if your Scoby has grown a baby Scoby on top. Also smell it. It should smell vinegary; this is normal.



11. Use a straw, and gently push the Scoby to the side a bit, so that you can insert the straw into the Kombucha liquid. Take a little sip. If it still tastes like tea, then it is not ready. Let it brew for a few more days, and then test it again. If it tasted like warm apple cider, or apple cider vinegar, then it's ready. Don't worry – it tastes a whole lot better when it has been chilled.

12. Gently remove the Scoby, and place it into a jar. Pour some of the Kombucha liquid into the jar, on top of the Scoby, to keep it wet in its own liquid, and to keep it alive. Seal the jar, and set it in a cabinet, until you're ready to use that Scoby to make another brew of Kombucha.
13. Next, pour the Kombucha liquid out of the glass canister, and into a juice pitcher. First set a fine strainer on top of the pitcher, so that when you pour the Kombucha, it is being strained through the strainer before it lands in the pitcher.
14. When the pitcher is full, pour the Kombucha from that pitcher, into glass bottles, and store those bottles in the fridge. Do not store Kombucha in plastic or metal, as the Kombucha will leach toxins from the metal or plastic. Always store Kombucha in glass containers.
15. Keep straining and pouring the Kombucha into the juice pitcher, and then into glass bottles, until all of the Kombucha is handled. If you wish for your Kombucha to be stronger, then instead of putting the bottles into the fridge, set them in a cupboard for a few days to a week, and then the brew will be stronger.
16. To add flavors to the Kombucha, put some fresh, chopped fruits of your choice into each bottle of Kombucha. You may want to flavor a few bottles with a few chopped strawberries, and flavor some of the other bottles with a tablespoon or two of freshly grated ginger root. I like my Kombucha as its regular flavor, or sometimes with a bit of ginger root in it.
17. Always strain your Kombucha as you are pouring it into a glass to drink, else there will be little brown globs in your glass. The brown globs are completely

harmless, so if you happen to swallow some, they will not hurt you in the least.

Kombucha is naturally carbonated, so as you pour it, it will fizz up like soda pop. Kombucha continues to brew and age, even when there is no Scoby in it, and that is why it produces those brown globs. That is its first step to forming a new Scoby. It will always try to grow new Scobies, but if you keep it in the fridge, the cold strongly inhibits this, and also makes it so that your Kombucha doesn't get too sour tasting. If you leave Kombucha sitting for a long time, it will eventually grow a new Scoby, so if you need extra Scobies, you could do this.



Cheers! Enjoy your Kombucha health drink.



Kombucha contains very small amounts of alcohol. The amount is so little, that it is no worse than a cup of orange juice left sitting on the counter over night.



## **White Sauce**

Many recipes and casseroles call for a white sauce. White sauce is handy to use in the place of cream of chicken and cream of mushroom soups in recipes. It's healthier, cheaper, and convenient.

### **WHAT YOU NEED:**

2 tablespoons of real butter

2 tablespoons of cornstarch

1 teaspoon of sea salt

2 cups of whole milk

### **HOW TO MAKE IT**

To make white sauce, you must be at the stove stop, minding the skillet the whole time. It is helpful if you are able to just

memorize the ingredients and their proportions, so that you don't burn anything while trying to read the recipe. Alternately, you could just sit the white sauce recipe by the stovetop, and have all of your ingredients pre-measured, and laid out on the counter for you.

Memorizing this recipe is quite easy. Just remember "2, 2, 1, 2." TWO tablespoons of butter, TWO tablespoons of corn starch, ONE teaspoon of sea salt, and TWO cups of whole milk.

### HOW TO MAKE IT

1. Turn your stovetop onto high heat, and place your skillet on the burner.
2. Quickly put in the butter, cornstarch, and salt. Mix together well, until it becomes a thick, smooth, yellow, bubbly mixture.
3. Immediately add two cups of milk, and mix well.
4. Bring it to a boil, and boil for two full minutes, while you stir constantly.
5. Turn the heat off.

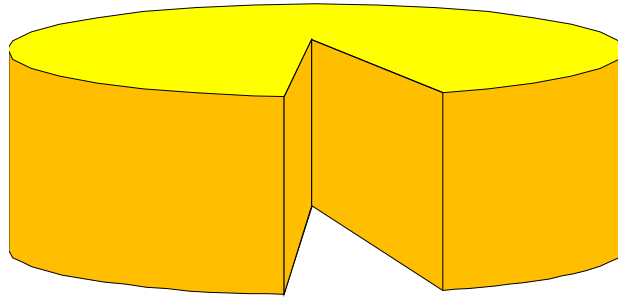
All done. You now have white sauce, which can be used in various recipes.



## **Cheese Sauce**

You make cheese sauce the same way as white sauce, shown above. The only difference, is after you've done step 5, and turned off the heat, you should then add a large handful of shredded cheese, and mix it in while it melts. Cheddar cheese works great for this, but use whatever kind you want.

I use this cheese sauce for casseroles, or as a dipping sauce for various dishes. If you are following a recipe that calls for liquid processed cheese, or for a can of condensed cheese soup, you can use this homemade cheese sauce instead.



## **How To Cook Brown Rice**

I am big on brown rice; I just love it. Did you know that not only is brown rice healthier for you than white, but that it's also easier to cook?

To make white rice, you need to bring water to a boil, and *then* add the white rice. Be careful that you don't cook it too long, else it turns into a gross mush.

Making brown rice is easy. You fill your cooking pot with water of any temperature, then immediately put your uncooked brown rice in and set it on the heat. You don't have

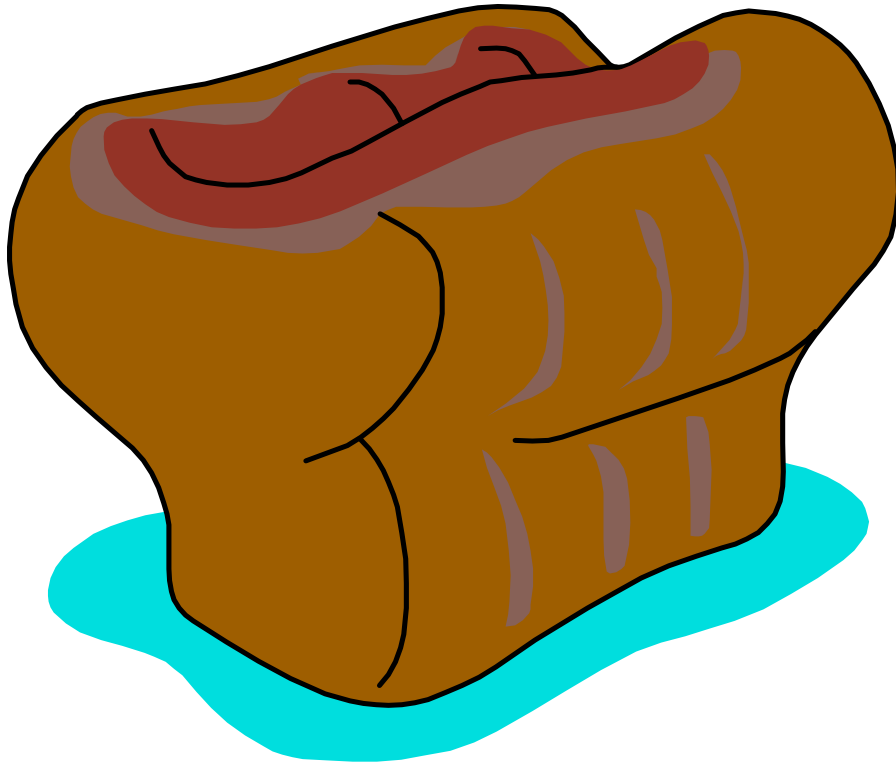
to wait until the water is boiling, before you add the brown rice.

If you try this with white rice, it'll stick to the pan, and you'll have a mess to clean up, when it comes time to scrub the pot.

Grains should be properly soaked in a whey and water solution for several hours before they are cooked, for extra health benefits. Brown rice doesn't have to be soaked first. It can be cooked and eaten right away, which is nice. Soaking is optional, when it comes to rice, but is worth it to try. It will alter the flavor. Try it soaked one day, and not soaked another day, and determine which flavor you prefer.

Be sure to stock up your pantry with plenty of brown rice. It is a basic staple, and is also used in several recipes in this book.

# Breads



Breads are fun to make and bake. I have been making bread for my family for quite a few years now. I'm so glad I made the change.

I used to think that making bread was hard, and I let that hold me back for the longest time from making it. The first time I made bread, I was *shocked* at how easy and fun it was and is.

This chapter will deal mostly with sourdough breads, as I'm a fan of sourdough, not only for its health benefits and its saving money, but also because it tastes good. Further, sourdough breads last longer than yeast breads. Yeast breads tend to mold long before sourdough breads.

If you are not used to the traditional sourdough taste, then you may have to get used to it, but once you do, all other breads will seem bland and boring, and you'll likely prefer good ole' sourdough bread.

It takes a week to make sourdough starter, and that starter is what leavens your bread, and soaks your bread grains. With the use of sourdough starter, you won't need *any* commercial bread yeast.

This book will show you how to make basic, fully leavened bread from nothing but flour and water, how to make Bible bread, how to make Ezekiel bread, and many others. I love baking bread, as you may have already guessed.

Since I have been baking bread for many years now, I have "perfected" my whole-wheat sourdough bread, and created my own recipes. I will share some of those with you in this chapter.



## **Perfect Whole-Wheat Bread**

You may be itching to make some bread while you are waiting a week for your sourdough starter to complete. Here is a great recipe...

This bread will have a delicate, semi-sweet taste, and will taste wonderful, without the aid of any white flour.

This recipe makes 3 loaves of bread. Be sure to store two of the loaves in the freezer until you need them. I slice my bread, and put it into Ziploc freezer bags, and then store the loaves in the freezer until I need them. To thaw a loaf, simply set the bag on the counter, open it, and let it sit for a few hours. I've found that the bread tastes just as good as if it were fresh.

### **WHAT YOU NEED**

- ✓ ½ cup of warm water
- ✓ ¼ teaspoon of white sugar
- ✓ 2 tablespoons of active, dry yeast
- ✓ 2 cups of homemade buttermilk (recipe in chapter two)
- ✓ 1 ½ cups of whole milk

- ✓ 3 teaspoons of sea salt
- ✓ 1/3 cup of extra virgin olive oil
- ✓ 2/3 cup of raw honey
- ✓ 1/3 cup of molasses
- ✓ 1 five pound bag of stone ground, whole-wheat flour

#### HOW TO MAKE IT:

1. In a small bowl, dissolve the white sugar into the warm water.
2. Mix in the yeast, and set the bowl to the side:



3. In a very large mixing bowl, mix together the buttermilk, milk, salt, oil, honey, and molasses:





4. Mix in two cups of wheat flour:



5. Now take a look at your small bowl, containing the yeast mixture. The mixture should be big and puffy now, like this:



6. Pour the puffy yeast mixture onto your batter:



7. Now mix it in. Mix in more wheat flour, one or two cups at a

time. Keep adding and mixing in the wheat flour, until the batter gets so thick, that you can no longer mix it by spoon:



8. Now is the time to remove any finger and wrist jewelry, wash your hands, and mix by hand. Keep adding in the wheat flour and mixing:



9. You will not use all of the 5 pounds of whole-wheat flour in the flour sack; you'll only use some of it. It will take anywhere from 10-15 cups of wheat flour - total, to make three loaves of bread. Just keep adding in wheat flour, until the batter turns into slightly sticky dough.

10. Knead the dough for 10-15 minutes. You can knead it on the counter or table, or in your mixing bowl. I knead my dough right there in the bowl.

11. After you've kneaded the dough for 10-15 minutes, use a good bread knife, and divide the dough into three portions:



12. Pat each portion of dough into it's own buttered loaf pan, and put some butter on top of your dough:



13. Leave the dough to rise in the pans. Let it rise for one and a half hours.

14. One and half hours later, your dough should be fully risen:



15. Bake the bread at 425 degrees for 15 minutes, and then turn the temperature down to 325 degrees, and continue to bake the bread for 45 minutes.

16. As soon as you remove the baked bread from the oven, gently shake the loaves out of their pans, and then set them on top of the pans to cool, like this:



17. After the loaves are fully cooled, you can slice them:



This is delicious bread. Many people think that wheat bread is only good if there is half white flour, and half wheat flour. The above recipe proves that you can make a perfect wheat bread, without using *any* white flour.

## **Quick Bread**

Sometimes it's good to make a sourdough bread quickly. The below recipe will yield a small loaf of quick sourdough bread, with no kneading time, and no rise time needed. I developed this particular recipe after I got the idea from making Amish Friendship Bread.

Amish Friendship Bread is made from white flour and is sugary. Further, its starter is somewhat burdensome. I decided to convert the recipe to a whole-wheat, sourdough quick bread, and the results are absolutely delicious. Here's what to do, when you want to make a quick Amish Friendship Bread style sourdough bread:

### **WHAT YOU NEED**

- ✓ 1 cup homemade sourdough starter (recipe in chapter two)
- ✓ 1/3 cup extra virgin olive oil
- ✓ 3 omega-3 eggs
- ✓ ½ cup raw honey
- ✓ 1 teaspoon cinnamon
- ✓ ½ teaspoon sea salt
- ✓ ½ teaspoon baking soda
- ✓ 1 ¼ teaspoon aluminum-free baking powder

✓ 1 teaspoon pure vanilla extract

✓ 2 cups whole-wheat flour

### HOW TO MAKE IT

1. Put all of the above ingredients into a large mixing bowl:



2. Mix well:



3. Put the sticky batter into a well-buttered loaf pan:





4. Bake at 350 degrees for 55 minutes.

5. Immediately remove the bread from the loaf pan, as soon as it's done baking, and let it sit out to cool:



6. Let the bread cool completely before you slice it.

When you slice this bread, make the slices somewhat thick, as that is the best way for quick breads such as this. The bread loaf will be medium to small. It will have some bubbling or some tears on it, because it did a rapid rise while in the oven. This kind of bread usually comes out looking pretty neat.

This is a wonderful bread to bake as a gift for someone. It tastes great with butter or cream cheese on it, but it also tastes good with nothing on it at all. Give it a try. The flavor is fabulous.

This bread is perfect for those days when you are out of bread, and need to make some quickly.

### **Amazing Bread**

This is my most popular bread recipe. This recipe makes four loaves of bread, so be prepared to store some of the loaves in the freezer until you need them. Just store them in Ziploc freezer bags, and they'll stay nice and fresh.

A friend suggested that maybe I should start a business, where I sell this bread, but I get too much joy out of teaching people how to make this bread, so I'd much rather share the recipe.

As of this day, there are currently people in Cameroon, Africa making this bread, because I taught a missionary how to make this bread, and he loved it so much, that the next time he went on a mission trip to Africa, he taught the people there how to make this bread. I'm still tickled when I think about that. Isn't that neat?

Needless to say, the bread that the below recipe shows you how to make has been called "Amazing" by many people. This why I call this bread – Amazing Bread. This amazing bread is a whole-wheat, soaked, sourdough bread, and it's one that actually tastes really good.

#### WHAT YOU NEED:

- ✓ 3 ½ cups of homemade buttermilk (recipe in chapter two)
- ✓ 4 cups of homemade sourdough starter (recipe in chapter two)
- ✓ 1 ½ tablespoons of sea salt
- ✓ 1/3 cup of raw honey
- ✓ 3 tablespoons of real butter, softened to room temperature
- ✓ 1 5-pound bag of ground whole-wheat flour



NOTE: I personally don't like the results of the Hodgson Mill brand wheat flour, when it comes to making bread. I think their other flours are fine, but every time I've made any type of bread from their wheat flour, the bread would always come out heavy and very strong tasting. I suggest that you use Gold Medal brand, or better. My favorite brand is Bob's Red Mill. The King Arthur brand is pretty good as well.

## HOW TO MAKE IT

1. Put all of the ingredients, except for the flour, into a large mixing bowl.

2. Mix well:



3. Start mixing in the wheat flour, one or two cups at a time:



4. Eventually, the mixture will become too thick to keep mixing with a spoon:



5. Wash your hands, and continue adding flour, and mixing by hand. Keep adding in flour, until the mixture turns into slightly sticky dough. Don't add too much flour, else you'll get dense bread that won't rise well.



6. You'll know the mixture has turned into dough, when it is still sticky, but it doesn't stick to your fingers in clumps. The dough should feel not sticky, but a bit tacky. When the mixture has enough flour, the dough will have an uneven consistency, and will look like this:



7. Time to knead the dough. Some people knead on the counter or table, but I knead right there in the bowl. To knead in the bowl, you first need to punch the dough down:



8. Then, roll the dough over, and punch it down some more:



9. Keep kneading the dough in this fashion, for about 10-15 minutes. A well-kneaded dough will be very stretchy, all one

color, and will feel fun to play with. A well-kneaded dough looks like this:



10. Cut the dough into four sections of equal portions:



11. Use real butter to grease four loaf pans:



12. Form each portion of dough into a gluten ball to give a

final stretch to the gluten strands. To make a gluten ball, first pull the dough inside out, over your closed fist:



13. Then close the ball, and set it into the pan - ugly side up:



14. Next, use your knuckles to squish the dough into the pan:



15. Now here's the fun part.. Gently lift the dough out of the



pan, flip it upside down, and then set it back into the pan. Your dough is now smooth and pretty. It is also buttered, since it was flipped over in a buttered pan. Make sure you do these steps with all four portions of dough:



16. Cover the pans of dough with paper towels, or clean dish towels, and let them sit there and rise for 7-20 hours. Sourdough rises a lot slower than yeast breads. Newer starters leaven slower than older ones. If this is the first time using your starter, or it is still fairly young, then your rise time may take up to 20 hours. The more you use and feed your starter, and the older it gets, the quicker it will leaven. Also, the older your starter gets, the better tasting it becomes. Older starters can leaven bread in just 4-8 hours.



17. Several or more hours later... The wheat flour has soaked, and your dough should be fully risen:



If you are new to sourdough baking, then check your rising bread every few hours. If it rises fully, it will wait a while, but if it sits for too long after being fully risen, the gluten strands will collapse, and you'll be left with flat bread that will come out of the oven like bricks. Risen bread should look like the above picture. The bread pans in the above picture are the larger 9 inch loaf pans, not the small 8 inch ones.

18. Time to bake the bread, and enjoy one of the most amazing smells there is! :-) Preheat your oven to 350 degrees, and bake the bread for 45 minutes.



19. As soon as the bread is done baking, immediately remove it from the loaf pans, and set it out to cool for several hours:



20. Once the bread is completely cooled, you can slice it:



When bread comes out of the oven, it is still baking on the inside. Because of this, you should slice hot or warm bread, fresh from the oven. Let it cool completely before slicing, for the best bread. Store sliced bread in sealed gallon-sized Ziploc bags in the freezer, until you need them.

I usually take a frozen loaf out of the freezer when my current loaf is half gone. To defrost the loaf, simply set it on the counter, with the bag open.

If you need bread right away, and don't have any thawed, you can put frozen bread slices into the toaster, and toast them. This works great.

### **Sweet Sourdough Bread**

Sweet sourdough bread is a wonderful thing, because sweet and sour seem to go so well together. The below is another favorite bread recipe. It makes one loaf, and is also a soaked bread:

#### **WHAT YOU NEED**

- ✓ 1 cup of homemade buttermilk (recipe in chapter two)
- ✓ 1 cup of homemade sourdough starter (recipe in chapter two)
- ✓ 2 tablespoons butter, softened to room temperature
- ✓ 1 teaspoon of sea salt



- ✓ ¼ cup of raw honey
- ✓ 1/8 cup of molasses
- ✓ 4 cups of whole-wheat flour

## HOW TO MAKE IT

1. In a large mixing bowl, mix together all of the above ingredients, except for the flour.
2. Start mixing in the flour, a little at a time.
3. The mixture will start becoming too thick to continue mixing with a spoon. At this point, wash your hands, and continue mixing in the flour with your hands.
4. After all four cups of flour have been added, start kneading the dough. If the dough is a *little* sticky, don't add any more flour. If it is *very* sticky, then add a small amount of flour, until it is only a little sticky. Slightly sticky dough is good.
5. Knead the dough for 15 minutes. Coat it in a bit of olive oil if it is sticking to your hands too much.
6. Pat the dough into a well-buttered 9-inch loaf pan.
7. Cover the dough with a clean towel, and leave it out to rise for 7-20 hours.
8. Several or more hours later – the wheat in the dough has been fully soaked, so it is now yielding great health benefits, and the bread should be fully risen. Bake the bread at 350 degrees for 45 minutes.
9. As soon as the bread is done baking, remove it from the pan, and leave it to cool for several hours before slicing.

10. This is very delicious sourdough bread, and is a big hit with most people who try it.

### **Whole-Wheat Molasses Bread**

You can make a good molasses bread by following the above recipe, but you would need to replace the  $\frac{1}{4}$  cup of honey and  $\frac{1}{8}$  cup of molasses with  $\frac{1}{2}$  cup of molasses instead.

### **Flour and Water Bread**

Did you know that you can make good bread, fully leavened, from just two ingredients? It's true! That's all you need is whole-wheat flour, some water, and some *time*.

First off, you need sourdough starter. What two ingredients do you use to make sourdough starter? That's right, just wheat flour and water.

If you already have sourdough starter made, then you can make this simple recipe right away. If you don't yet have a sourdough starter, then go back to chapter two, and follow the instructions on how to make sourdough starter from just flour and water. One week from now, you'll have homemade starter, and can make this recipe.

Assuming you have a starter already, here is how to make Flour and Water Bread:

1. In a large mixing bowl, put in 1  $\frac{1}{2}$  cups of water, and 1 cup of sourdough starter. Mix well.
2. Start adding in flour, a little bit at a time. Keep adding flour until the mixture turns into dough. This will take anywhere from 3 to 6 cups of flour. Just keep adding flour until it won't take anymore.
3. Knead the lump of dough for 15 minutes.

4. Pat the dough into a 9-inch, buttered loaf pan.
5. Cover the pan with a clean towel, and leave it out to rise for 24 hours.
6. 24 hours later: You will have a fully risen loaf, ready to bake. Bake the loaf at 425 degrees for 15 minutes, and then turn the temperature down to 325 degrees and continue to bake it for 45 more minutes.
7. Remove the bread from the pan as soon as you take it out of the oven, and let it cool completely for a few hours before you slice it.

## **Bible Bread**

*“And the word of the LORD came unto him, saying, Arise, get thee to Zarephath, which belongeth to Zidon, and dwell there: behold, I have commanded a widow woman there to sustain thee. So he arose and went to Zarephath. And when he came to the gate of the city, behold, the widow woman was there gathering of sticks: and he called to her, and said, Fetch me, I pray thee, a little water in a vessel, that I may drink. And as she was going to fetch it, he called to her, and said, Bring me, I pray thee, a morsel of bread in thine hand. And she said, As the LORD thy God liveth, I have not a cake, but an handful of meal in a barrel, and a little oil in a cruse: and, behold, I am gathering two sticks, that I may go in and dress it for me and my son, that we may eat it, and die. And Elijah said unto her, Fear not; go and do as thou hast said: but make me thereof a little cake first, and bring it unto me, and after make for thee and for thy son. For thus saith the LORD God of Israel, The barrel of meal shall not waste, neither shall the cruse of oil fail, until the day that the LORD sendeth rain upon the earth. And she went and did according to the saying of Elijah: and she, and he, and her house, did eat many days. And the barrel of meal wasted not, neither did the cruse of oil fail, according to*

*the word of the LORD, which he spake by Elijah.” -1 Kings 17:8-16*

We often see that when bread making is mentioned in the Bible, the common ingredients are usually water, meal (such as barely flour or wheat flour), and olive oil. Below is a “Bible Bread” recipe, using those ingredients, plus sourdough starter to naturally leaven it.

#### WHAT YOU NEED

- ✓ 1 cup of homemade sourdough starter (recipe in chapter two)
- ✓ 1 ½ cups water
- ✓ ¼ cup extra virgin olive oil
- ✓ Approx. 4 cups of wheat flour

#### HOW TO MAKE IT

1. In a large mixing bowl, mix together the water, oil, and starter.
2. Start mixing in the flour, a little at a time.
3. Keep adding flour, until the mixture turns into dough. This will take between 3-6 cups of flour.
4. Knead the dough for 15 minutes.
5. Set the dough into a buttered loaf pan, and cover the pan with a clean towel.
6. Let the dough rise for 24 hours.
7. 24 hours later: bake the bread at 350 degrees for 45 minutes.

8. As soon as the bread is done, remove it from the loaf pan, and let it cool completely before you slice it.

## **Ezekiel Bread**

*“Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof.” -Ezekiel 4:9*

From the above, we know that the grains in Ezekiel bread are:

- Wheat
- Barley
- Beans
- Lentils
- Millet

and

- Spelt (fitches)

We know this cannot be *all* of the ingredients in this bread, because Ezekiel would have to mix the grains with water, at the least, in order to form dough, in order to make the bread.

This leaves us open to many ways of making it. There are a lot of Ezekiel Bread recipes out there. Below is my personal recipe, which makes 4 loaves:

## **WHAT YOU NEED**

- ✓ Wheat flour

- ✓ 1 cup of barley flour
- ✓ 1 cup of millet
- ✓ 2 cups of spelt
- ✓ One cup of ground lentils
- ✓ One cup of ground pinto beans

You can grind your own lentils and pinto beans in a small coffee grinder machine. Simply purchase dried lentils and pintos from the grocery store, and run them through a coffee grinder.

- ✓ 5 cups of water
- ✓ 4 cups of sourdough starter
- ✓ 1/3 cup of extra virgin olive oil

#### HOW TO MAKE IT:

1. In a very large mixing bowl, mix together the water, oil, and sourdough starter.
2. Mix in the millet, spelt, barley flour, ground pinto beans, and ground lentils.
3. Wash your hands. Start adding in wheat flour, mixing with your hands. Keep adding in wheat flour, until the mixture turns into dough.
4. Knead the dough for 15 minutes.
5. Divide the dough into four portions.
6. Pat each portion of dough into a buttered loaf pan.

7. Cover all four loaf pans with clean towels, and leave them to rise for 7-20 hours.
8. Several or more hours later: Bake the loaves at 350 degrees for 45 minutes.
9. As soon as the bread is done baking, remove the loaves from their pans, and let them cool completely before you slice them. Place the extra loaves into Ziploc freezer bags, and into the freezer, until you are ready to use them.

### **Sourdough Rolls**

These are some great rolls to have with dinner, or on special occasions.

#### **WHAT YOU NEED**

- ✓ 1 cup of homemade sourdough starter (recipe in chapter two)
- ✓ 1/2 cup of warm water
- ✓ 3 tablespoons of raw honey
- ✓ 1 tablespoon of molasses
- ✓ 1 omega-3 egg, lightly beaten
- ✓ 1/2 cup of butter, softened to room temperature
- ✓ 1/2 cup of oatmeal
- ✓ 3-5 cups of wheat flour

- ✓ 1 teaspoon of sea salt
- ✓ 1/2 teaspoon of baking soda

## HOW TO MAKE IT

1. In a large mixing bowl, mix together all of the ingredients, except for the oatmeal and flour.
2. Mix in the oats.
3. Start mixing in the flour. Eventually the batter will get too thick, and you'll have to continue mixing with your hands.
4. Keep mixing in flour until the batter turns into dough. This will take about 3-5 cups of wheat flour.
5. Knead the dough for 15 minutes.
6. Divide the dough into 24 small balls. Remember, the rolls will rise, which will make them bigger.
7. Lay the rolls on a well-buttered cookie sheet, and cover them over with loose plastic wrap, and leave them out to rise for 7-20 hours.
8. Several or more hours later: Remove the plastic wrap, and bake the rolls at 400 degrees for 12 minutes.

## **Whole-Wheat Drop Biscuits**

These biscuits are not only delicious, but they are quick and easy to make.

## WHAT YOU NEED

- ✓ 2 cups of whole-wheat flour



- ✓ 4 teaspoons of aluminum free baking powder
- ✓ 1 tablespoon of honey
- ✓ 3/4 teaspoon of sea salt
- ✓ 1/4 cup of butter, softened to room temperature
- ✓ 1 cup of whole milk

## HOW TO MAKE IT

1. Mix all of the above ingredients together.
2. Drop the batter in 12 heaping tablespoons-full onto a greased cookie sheet.
3. Bake at 450 degrees for 12 minutes.

## **Whole-Wheat Pizza Crust**

Are you in the mood for pizza for dinner tonight? The below recipe will show you how to make whole-wheat pizza crust. This is my own personal recipe that took me months to perfect. This makes enough dough for two medium pizzas. Or, as I use it – one medium pizza, and one large pizza – thin, crispy crust.

TIPS: Use crisper pans for your pizzas. These are round pizza pans that have holes in them. ...Pizza sauce? If you want. I just use tomato sauce with pizza seasonings mixed in.

## WHAT YOU NEED

- ✓ 2.25 teaspoons active dry yeast
- ✓ a pinch of brown sugar

- ✓ ½ cup warm water
- ✓ 1 cup of warm water
- ✓ 1 teaspoon of sea salt
- ✓ 1 tablespoon olive oil
- ✓ a generous sprinkling of parmesan cheese
- ✓ a generous sprinkling of pizza seasonings
- ✓ 1/3 cup honey
- ✓ 1 cup corn meal
- ✓ 3 cups corn meal

## HOW TO MAKE IT

NOTE: This recipe makes two pizza crusts for medium pizzas – medium to thick crust, OR two thin crusts – one medium pizza, and one large pizza.

1. In a medium bowl, dissolve the brown sugar into ½ cup of warm water, and then stir in the yeast. Set the bowl to the side.
2. In a large bowl, combine 1 cup of warm water, the oil, salt, parmesan cheese, seasoning, honey, corn meal, and 1 cup of wheat flour. Mix well, or use an electric mixer to mix it.
3. Then, add the puffy yeast mixture from your small bowl, and three more cups of wheat flour. Mix together, and knead for several minutes. The dough will feel gritty. This is because of the corn meal.

4. Use butter to lightly grease the pizza pans. Pat the dough onto the pans.
5. In a 350 degree oven, put one crust on the top rack, and the other on the bottom rack, and bake for 7 minutes.
6. Then, move the bottom pizza to the top rack, and the top pizza to the bottom rack, and bake for another 7 minutes.
7. Add the sauce, cheese, and desired toppings.
8. Put the pizzas back into the 350 degree oven for 7 minutes.
9. Switch the top pizza to the bottom rack, and the bottom pizza to the top rack, and bake for another 7 minutes.
10. Slice the pizza and enjoy.

TIP: Always put the top pizza on the top rack before putting the bottom pizza onto the bottom rack. Always remove the bottom pizza from the bottom rack before removing the top pizza from the top rack. This ensures that no possible debris fall onto the bottom pizza.

### **Easy No-Roll Pie Crust**

Pie crusts can be hard to make, because you generally need to roll them out with a rolling pin, until they are practically paper-thin. Then, you need to somehow get them off of your rolling surface, and into a pie pan, without the delicate dough coming apart. The below recipe is very easy to do, and involves no rolling pins, and makes very little mess to clean up afterwards.

## WHAT YOU NEED

- ✓ 1 1/3 cups of wheat flour
- ✓ 1/3 cup butter, softened to room temperature
- ✓ 2 or 3 tablespoons of cold water

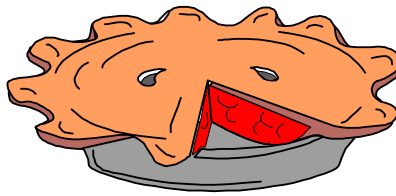
## HOW TO MAKE IT:

1. Mix together the flour and butter, and then sprinkle in the water, and mix well.
2. This should give you rather dry, crumbly dough that doesn't want to hold together very well. If you take a piece of it, and squish it between your fingers, you should find that it will hold together when compressed. If it won't, then add a little bit more water.
3. Put the dry dough into a well-greased pie pan, and press it on the bottom and sides of the pie pan. Press firmly, to make the crumbly dough hold together.
4. Make the pie crust dough come up on top of the edges of the pie pan.
5. Use a fork, and press it's prongs all along the edges of the pie crust dough that is on the edge of the pie pan, to form a line pattern on the top edge of the crust. This gives it a more traditional look, and helps yield a pretty pie.

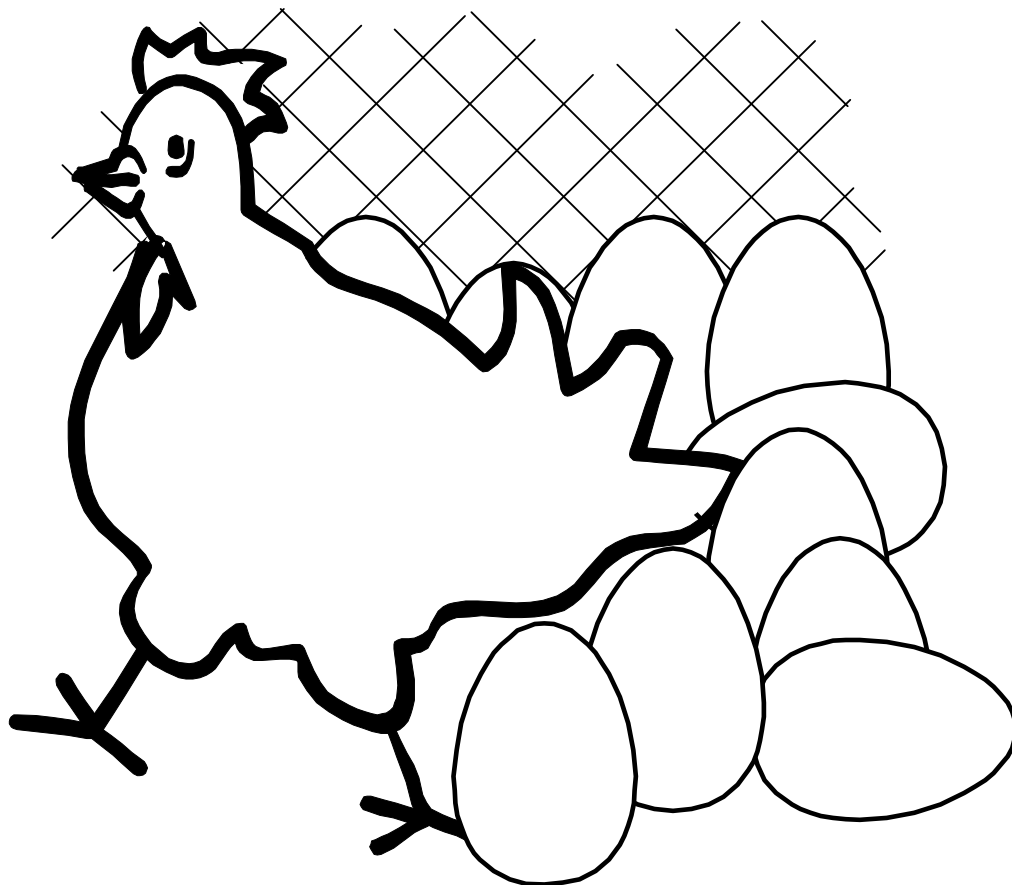
Add your pie filling to the crust, and then bake the pie. If your pie requires a top crust, then you will need the quick aid of a rolling pin for the top crust...

Make another mixture of the above ingredients, but add extra water, so that it'll become a more classic-type dough. Knead the dough for one minute, and then roll it out nice and thin, and shape it, and then place it on top of the filled pie. If you'd like, you can cut decorative slits or holes in the top pie crust.

Make sure you have a few small slits in the top crust, so that the pie will bake nicely, and not make a mess.



# Breakfast Recipes



## **Banana Bread**

You can put different fruits in the place of the bananas in this recipe. Also consider adding sprouts, various nuts, seeds, etc. Make this recipe your own.

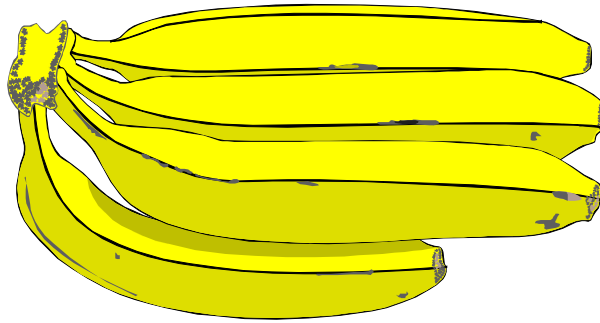
### **WHAT YOU NEED**

- ✓ 1/3 cup of extra virgin olive oil
- ✓ 1/2 cup of raw honey
- ✓ 1 teaspoon of pure vanilla extract
- ✓ 2 omega-3 eggs
- ✓ 1 banana, mashed
- ✓ 1 3/4 cups of whole-wheat flour
- ✓ 1/2 teaspoon of sea salt
- ✓ 1 teaspoon of baking soda
- ✓ 1/4 cup of warm water
- ✓ 1/2 cup chopped walnuts (optional)

### **HOW TO MAKE IT**

1. Mix all of the above ingredients together, into a thick, sticky batter.
2. Pour the batter into a buttered 9-inch loaf pan.
3. Bake at 325 degrees for 60 minutes.
4. Remove the bread from the pan, and let it cool completely before you slice it.

This is wonderful breakfast bread, and is fantastic served up with some homemade strawberry yogurt on the side (recipe in chapter two).



## **Cranberry Muffins**

Cranberry muffins are another good breakfast bread. These are also fantastic served up with some homemade yogurt (recipe in chapter two).

### **WHAT YOU NEED**

- ✓ 1 and ½ cups of whole-wheat flour
- ✓ ½ cup of oatmeal
- ✓ ½ cup of brown sugar
- ✓ 3 teaspoons of aluminum-free baking powder
- ✓ ½ teaspoon of sea salt
- ✓ 1 omega-3 egg, slightly beaten
- ✓ 2 tablespoons of extra virgin olive oil
- ✓ ¾ cup homemade buttermilk (recipe in chapter two)



- ✓ ½ cup of frozen or fresh cranberries

## HOW TO MAKE IT

1. Mix all of the above ingredients together, except for the cranberries.
2. Fold the cranberries into the batter.
3. Use butter to grease a muffin tin that holds 12 muffins, or two tins that hold 6 muffins.
4. Pour the batter into each muffin space. Fill each space 2/3 full.
5. Bake at 400 degrees for 20 minutes.
6. Let the muffins cool completely, and then remove them from the tin.



## **Biscuits and Gravy**

This is a simple and quick breakfast dish.

### MAKING THE GRAVY

1. Follow the recipe for making White Sauce in chapter two, except, where it asks for 2 cups of whole milk, instead use ½ cup of homemade buttermilk (recipe in chapter two) and 1 ½ cups of whole milk. Also add in a teaspoon of ground black pepper. You've now made your white gravy.

### MAKING THE BISCUITS

1. Follow the recipe for making Whole-Wheat Drop Biscuits in chapter three.

## PUTTING IT TOGETHER

That's all there is to it. To make biscuits and gravy, make the pepper buttermilk white sauce, and serve it on top of whole-wheat drop biscuits. This is simple and quick. ☺

### **The Best Scrambled Eggs**

Scrambled eggs are easy to make, but I've always wanted a way for them to be more flavorful. Buttermilk is the secret to accomplishing that goal.

To make scrambled eggs, choose how many omega-3 eggs you will need, then beat them in a bowl. Use a whisk to mix, while you add some buttermilk, instead of regular milk. I just pour some in, until it looks like a good amount. Just eyeball it.

Putting buttermilk into your beaten eggs, instead of milk, gives you fluffy, delicious scrambled eggs. Don't forget to season your scrambled eggs with sea salt and pepper just as they finish cooking in your skillet.

### **A Simple Omelet**

Omelets do not have to be complicated, and they can be meatless. If you don't have any bits of meat to put in an omelet, then don't worry about it. Omelets are great, because if you have a little bit of this and a little bit of that, from various leftovers, you can often incorporate them into your omelets.

For example, if you have some left over cooked chicken, maybe you can make an omelet with small bits of the chicken, salsa, onions, and melted cheese on top.

The common omelet around here is very simple. I usually mix in some minced garlic, chopped celery, and chopped onions. Right after the scrambled eggs (with buttermilk, of course) are done cooking, I sprinkle shredded cheese on top, then I put the lid on my skillet, to seal in the residual heat, which melts the cheese on top of the eggs. This is sometimes our Saturday breakfast.

## **Flavorful Oatmeal**

### WHAT YOU NEED

- ✓ 3 cups of old fashioned oats (Quaker or store brand is fine)
- ✓ Water
- ✓ 1 cup of whole milk
- ✓ ½ cup of pure maple syrup
- ✓ 1 large handful of raisins - dark or gold, or a mix of both

### HOW TO MAKE IT

1. Pour the oats into your cooking pot, and cover them over with water. Put in enough water to just cover the top of the oats.
2. Cook the oats at a soft boil for about 5 minutes, stirring almost constantly. Add more water, if needed.
3. Turn the heat off, and immediately mix in the milk, syrup, and raisins. Super yummy and easy.

## **Baked Oatmeal**

## WHAT YOU NEED

- ✓ 3 cups of rolled oats
- ✓ 1/2 cup of coconut oil or soft butter
- ✓ 1/2 cup of pure maple syrup
- ✓ 1 teaspoon of sea salt
- ✓ 1 teaspoon of cinnamon
- ✓ 1/4 cup of homemade whey (recipe in chapter two)
- ✓ 1 cup of water
- ✓ 3 omega-3 eggs
- ✓ 1 teaspoon of real vanilla extract
- ✓ 1 teaspoon of baking soda
- ✓ A few handfuls of raisins - dark or gold, either is fine

## HOW TO MAKE IT

1. In a large bowl, mix together the oats, oil, syrup, salt, cinnamon, whey, and water.
2. Cover the bowl nice and tight, and leave it sitting out on the counter over night. The contents should sit for 12-24 hours.

The next day - at around breakfast time:

1. Mix in the eggs, vanilla, baking soda, and raisins.
2. Pour the mixture into a well-buttered 9-inch loaf pan, and bake at 350 degrees for 45 minutes.

3.To serve, just use a large spoon, and spoon it out onto plates. This baked oatmeal breakfast is great served up next to some fresh fruit and homemade yogurt (recipe in chapter two).

### **Baked French Toast**

I am NOT a fan of frying food. For one, it's not as healthy as baking. Also, when one fries food in grease, fats, and oils, particles of that stuff gets into the air. These particles settle around your house, and on you.

I know it affects the health in many ways. For example, one can sometimes tell if someone eats a diet consisting of a lot of fried foods, just by looking at their face. They will not have good tone; they often have a pale-ish complexion, various red blotches on random areas, and circles, sagging, or marked "chicken skin" beneath their eyes.

I love French toast, but I don't like to cook it in the skillet, so I bake it, instead. It is much better this way, and quite convenient as well.

### **WHAT YOU NEED**

- ✓ 10-12 slices of Amazing Bread (recipe in chapter two)  
other breads may become soggy, but Amazing Bread won't.
- ✓ 1 1/2 cups of whole milk
- ✓ 4 omega-3 eggs
- ✓ 1/3 cup of pure maple syrup
- ✓ 1 teaspoon of pure vanilla extract

✓ 1 teaspoon of cinnamon

## HOW TO MAKE IT

1. In a mixing bowl, beat the eggs, and then mix in the milk, syrup, vanilla, and cinnamon.
2. Butter a 9 x 13-inch baking pan.
3. Place 5 or 6 slices of bread in the pan, and pour 1/2 of the mixture on top of the bread.
4. Place 5 or 6 more slices of bread on top of the other slices, and pour the rest of the mixture on top.
5. Cover the pan over with plastic wrap, and put the pan into the fridge overnight.
6. The next morning: Remove the plastic wrap, and cook the pan of French toast in the oven at 350 degrees for 40 minutes. The house will smell amazing while it's cooking. People will definitely take notice.



## Perfect Pancakes

Some say that it's impossible to have delicious, fluffy pancakes if they are made from wheat flour, with no white flour added. I guess the below recipe makes the impossible happen...

The buttermilk in the below recipe is the secret to delicious, fluffy, whole-wheat pancakes. You may never want a white-flour pancake again, after eating the below pancakes:

### WHAT YOU NEED

- ✓ 2 cups of whole-wheat flour
- ✓ 2 cups of home made buttermilk (recipe in chapter two)
- ✓ 2 omega-3 eggs
- ✓ one cup of water
- ✓  $\frac{1}{4}$  cup honey
- ✓  $\frac{1}{2}$  teaspoon of sea salt
- ✓ 1 teaspoon of baking soda
- ✓ 2 tablespoons of coconut oil

### HOW TO MAKE IT

1. In a large bowl or container, mix together the flour and buttermilk. Put a lid on the bowl or container, or cover it over with cloth and secure it on with a rubber band. Leave the mixture sitting out on the counter over night.
2. The next morning - Mix in the rest of the ingredients (including the coconut oil) into the flour and buttermilk mixture that sat out on the counter over night.
3. Preheat a skillet to medium-high heat.

4. Use a large spoon to pour in some batter, and let it cook, until it stops bubbling, and then use a plastic spatula to gently coax the pancake off the skillet, and flip it over to cook the other side. If you're not used to cooking pancakes then this will take practice before you get the hang of it.

NOTE: Don't grease the skillet before making these pancakes. You don't need to, if you 1) preheated the skillet first and 2) get used to cooking pancakes without greasing, oiling, or buttering the skillet. Pancakes cooked on a dry skillet will be lighter and fluffier, and you won't have a "grease cloud" floating about the kitchen. You may also notice that this batter is thinner than some other pancake batters. Don't worry, it is supposed to be that way.

## **Egg Casserole**

This is a favorite breakfast around here. We sometimes have this for breakfast on Sunday mornings.

### **WHAT YOU NEED**

- ✓ Little bits of leftover chicken, or meat of your choice (optional)
- ✓ 6 omega-3 eggs, beaten
- ✓ 2 cups of whole milk
- ✓ 1 teaspoon of mustard
- ✓ 4 slices of Amazing Bread (recipe in chapter two)
- ✓ 1 ½ cups of shredded cheddar cheese
- ✓ 1 teaspoon of sea salt
- ✓ ¼ teaspoon of pepper

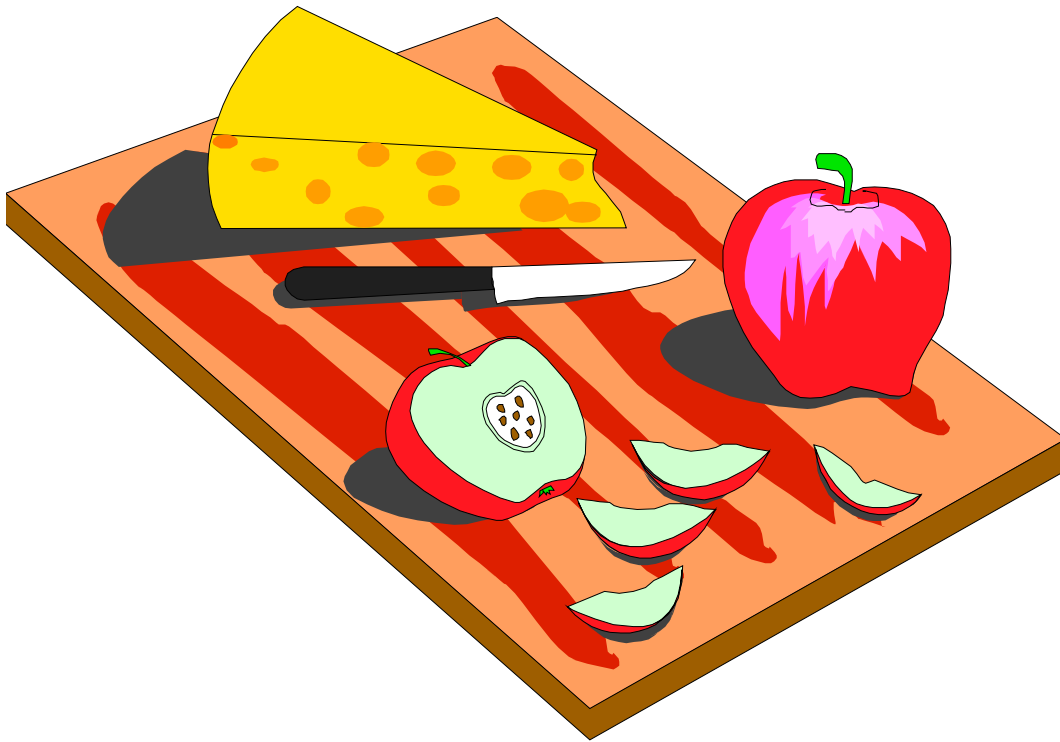


- ✓ A dash or two of hot sauce
- ✓  $\frac{1}{4}$  cup of chopped onions
- ✓  $\frac{1}{2}$  cup of chopped celery
- ✓  $\frac{1}{2}$  cup of chopped broccoli

## HOW TO MAKE IT

1. Use real butter to grease a 9 x 13 baking pan.
2. Break the four slices of bread into small pieces, and place them all over the bottom of the baking pan.
3. Mix together all of the ingredients, except for the cheese.
4. Pour the mixture on top of the bread pieces in the pan.
5. Sprinkle the shredded cheese on top.
6. Cover the baking pan over with plastic wrap, and place it in the fridge until the next day.
7. The next morning, remove the plastic wrap, and bake the egg casserole at 350 degrees for one hour.

# Lunch Recipes



## **Peanut Butter and Honey Sandwiches**

Of course, we all know how to make these, but I wanted to throw a few tips out there. First off, this is a wonderful lunch. Peanut butter is a great source of protein, and is good for growing children.

Most peanut butters are made with unhealthy oils, or have been heated to temperatures that turn the oils rancid, and change their properties.

I suggest you either make your own peanut butter, or get a good, organic, all natural peanut butter. Natural peanut butters have oil sitting on the top of the peanut butter, so you will need to mix it before you use it.

The oil sitting on top of the peanut butter is a good sign that you probably have a good peanut butter.

NOTE: Keep your peanut butter, and all oils and fats in cabinets, and not sitting out on your counter. The longer the oils are exposed to light, the more chance you have of them going rancid. Keep oils in the dark.

I rarely ever use jelly, unless I make some, such as mulberry jelly, when the mulberry trees are producing. Instead, I usually use raw honey. Raw honey is a much healthier option, in the place of sugary jams and jellies.

If you are spreading the peanut butter and raw honey on homemade wheat bread, then I suggest you make the sandwiches “open-faced” style.

I almost always make peanut butter and honey sandwiches on my homemade Amazing Bread, and I make these sandwiches “open-faced.” Otherwise, the homemade bread can become a bit overpowering.

As an alternative, try some Almond butter in the place of peanut butter. It's delicious.

### **Ants on a Log**

I've met many people who've never heard of Ants on a Log. This is a hit with children, and is very simple to make. If you have children who don't like to eat their vegetables, then give this a try, and it might change their minds...

#### **WHAT YOU NEED**

- ✓ Celery
- ✓ All natural peanut butter (or almond butter)
- ✓ Raisins

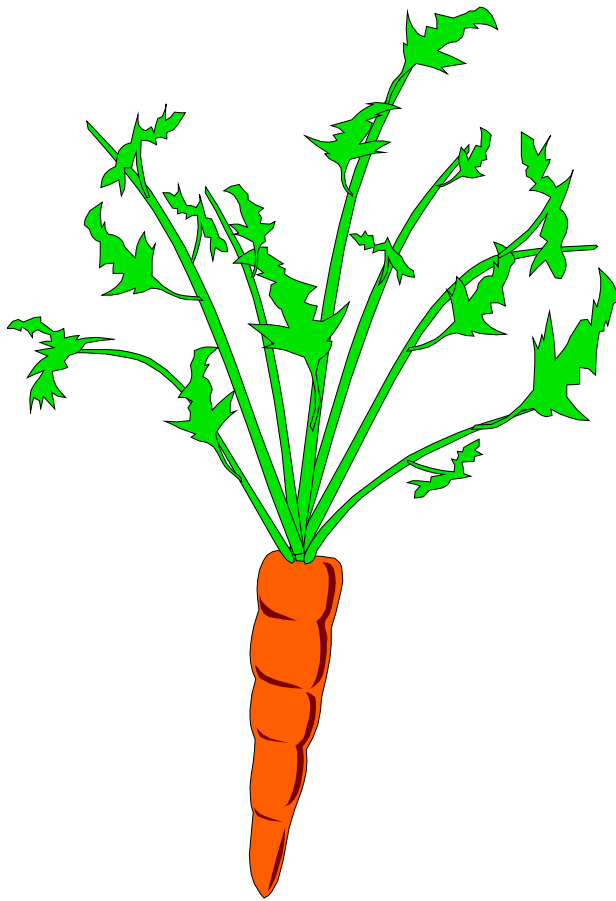
#### **HOW TO MAKE IT**

1. Clean the celery, and cut each stalk in half, to make celery sticks. Make as many celery sticks as you need.
2. Spread peanut/almond butter in the celery sticks.
3. Place the raisins in the peanut butter in the celery sticks.

Ants on a Log are a great food to serve on the side of sandwiches for lunch.

Apple slices and carrot sticks are also wonderful to serve as sides in lunches. Whenever you serve carrot sticks, make sure you peel the carrots (use a potato peeler) before you chop them into sticks. Peeled carrots taste much better than non-peeled.

Use lunchtime as an opportunity to get your children (and you) used to eating raw fruits and vegetables.



## **Cheesy Rice**

This is my favorite lunch. I often serve this up as Tuesday lunch, with carrot sticks and apple slices on the side.

### **WHAT YOU NEED**

- ✓ 2 cups of uncooked brown rice
- ✓ 1 stalk of celery, chopped
- ✓ 1/3 cup of diced onions
- ✓ 1 large clove of minced garlic
- ✓ 1/4 cup of butter, softened to room temperature

- ✓ ½ cup of whole milk
- ✓ 1 teaspoon of sea salt
- ✓ ¼ teaspoon of ground pepper
- ✓ 2 or 3 handfuls of shredded cheese of choice

## HOW TO MAKE IT

1. Fill a cooking pot with water, and put the rice into the water. Set the pot on the stovetop on high heat, and wait for it to boil.
2. Once it boils, start skimming off the scum and foam, which will float to the top. Keep the rice at a good boil for 10 minutes, then eat a grain of rice, and see if it's cooked. Keep checking the rice every 5-10 minutes, until it's cooked.
3. Drain the water from the rice, and turn the heat down to very low.
4. Mix the butter, milk, salt, pepper, and vegetables with the rice.
5. Mix in the cheese, and keep stirring while it melts in.
6. Cover the pot, and leave it on low heat for about five minutes. Turn off the heat and mix. It is done and ready to serve.

## About Mayonnaise

It's best to make your own mayonnaise, or to purchase a good, Omega-3 mayo. I personally don't like making my own, so when I can, I just purchase an Omega-3 mayonnaise.

## **Tuna Sandwiches**

Making tuna sandwiches is very simple, as you already know. Here is my quick method...

I open and drain a can or two of tuna fish, and put the tuna into a bowl. I then scoop in a few tablespoons of mayonnaise and mix it into the tuna fish.

Next, I use the same spoon I mixed with (a tablespoon) and put the tuna mixture on top of a slice of Amazing Bread (Amazing bread is “amazing” with tuna – a good flavor combination), and then I use the back of the tablespoon to spread it on the bread.

I serve these sandwiches “open faced.” They are great with apple slices and carrot sticks on the side.

## **Making Pasta**

Pasta making is quick and easy to explain, but in actual practice, it takes patience, practice, and persistence to master.

Basically, you just mix together 6 eggs,  $\frac{1}{2}$  teaspoon of sea salt, 1 teaspoon of olive oil, and 2 cups of wheat flour.

Form it into dough, and use a rolling pin to roll the dough out on a flat surface. You want the dough to be *very* thin; at about  $\frac{1}{8}$  of an inch or so.

Gently cut the dough into very thin strips.

Roll each strip into a spaghetti shape, and then boil these rounded strips until they resembled cooked pasta, which is what they will be.

I have been experimenting with making whole wheat pasta with some sourdough starter and honey in them. It's pretty

good. You may want to experiment with those, and determine how much starter and honey you like in your homemade, whole wheat pasta.

To make healthier pasta, first soak the wheat flour in 1 cup of buttermilk overnight. You may need to add extra oil to the dough if you do this, to counteract extra stickiness.

Otherwise, you can purchase whole grain, or whole-wheat pastas at the store. Wal-Mart sells whole-wheat pastas at a pretty good price.

### **Macaroni and Cheese**

I stay far away from boxed macaroni and cheeses. Powdered cheese contains oxidized cholesterol, which is bad news.

Homemade macaroni and cheese is so much more delicious, not to mention more nutritious, and it is just about as easy to make.

Remember the earlier recipe for cheese sauce, made from the recipe for white sauce? Make a batch of the cheese sauce, and then mix it in with a box of cooked wheat macaroni. Next, mix in 1 teaspoon of sea salt, and anything else you'd like to have in there. I often add a can of Rotel, and maybe some leftover chicken.



# Supper Recipes



## **Quick and Easy: Tomato Beef Mac**

Sometimes the day didn't go as planned, and you need to make a reasonable dinner in a very quick fashion. Below is a very simple supper, which can be made rather quickly...

### **WHAT YOU NEED**

- ✓ A box of whole-wheat elbow macaroni
- ✓ 2 cans of condensed tomato soup
- ✓ 1 pound of ground beef

### **HOW TO MAKE IT**

1. Cook the ground beef, and boil the macaroni.
2. Combine the cooked and drained noodles and beef, and then mix in the condensed soup.
3. Dinnertime! Quick and easy, for those times when you need it. ☺

## **Variation: Tomato Beef Rice**

You can do the same dish as above, but instead of the macaroni noodles, cook 2 cups of brown rice, and use that.

## **Another Quick and Easy Dinner**

For another simple and fast dinner, make some Cheesy Rice from the recipe in the Lunch chapter, and add a pound of cooked ground beef to it. You can do the same with homemade macaroni and cheese as well.

## **Simple Salad Dressing**

First off, when you make salads, don't use the cheap Iceberg lettuce. It holds toxins. Plus, it's just not as tasty as the more green, leafy lettuces.

I suggest you use Romaine lettuce, Green Leaf lettuce, or a combination of both. Experiment with other greens as well. Don't forget to chop some carrots, celery, onions, and other raw veggies to add to your salads.

### About Salad Dressing

Most store bought salad dressings are very for you, and too costly. Why not make your own basic dressing, which is healthy and low-cost?

### WHAT YOU NEED

- ✓ 1 teaspoon of brown mustard
- ✓ 2 tablespoons of red wine vinegar
- ✓ ¼ cup of extra virgin olive oil

### HOW TO MAKE IT

1. In a small bowl, use a fork to mix the mustard and red wine vinegar together.
2. Slowly pour in the oil, while you continue to stir briskly with a fork.
3. Keep stirring the mixture, until it becomes the same color and is smooth-looking.
4. Immediately pour this homemade dressing into a large bowl, full of fresh salad, and use a few spoons or other

utensils to move the leaves around, so that the dressing gets mixed in.

5. The salad is ready to serve, and you don't have to douse it in dressing, because there is already good oil and vinegar dressing in it.

## **Pintos and Beef**

What a wonderful meal, with little effort on your part...

### **WHAT YOU NEED**

- ✓ 1 pound of dried pinto beans
- ✓ 1 pound of ground beef
- ✓ 1 stick of butter
- ✓ 1 tablespoon of sea salt
- ✓ 1 teaspoon of ground pepper
- ✓ water
- ✓ ¼ cup of whey

### **HOW TO MAKE IT**

1. Sort the pintos, and put them in a container.
2. Pour the whey on top of the pintos, and then cover the pintos over with water. Mix the whey, water, and pintos together.
3. Cover the container, and leave it sitting on the counter over night.

4. The next morning: Drain the water from the pintos, and place them in a pot. Cover the beans over with fresh water, and get them to boiling. Boil the beans for 15 minutes, and then remove them from the heat.
5. Drain the water off of the pintos, and then pour the pintos into a slow cooker.
6. Put a stick of butter on top of the pintos, and then cover them over with fresh water.
7. Let the slow cooker to cook on “low” all day, until two hours before dinnertime
8. Two hours before dinner: Cook the beef in a skillet, and then mix it in with the beans. Also mix in the salt and pepper. Let it continue to cook on low for two more hours, and then dinner is ready to eat.

### **Slow cooker Chili**

What a wonderful meal for a cold winter’s day...

#### **WHAT YOU NEED**

- ✓ Water
- ✓ ¼ cup of whey (remember, the recipe for whey is in chapter two)
- ✓ 1 lb. of cooked ground beef
- ✓ 1 cup of dried small red beans (not kidney beans)
- ✓ 1 cup of dried pinto beans
- ✓ 1 large can of diced tomatoes

- ✓ 1 can of tomato sauce
- ✓ 1 onion, diced
- ✓ 1 can of green chilies
- ✓ 2 minced cloves of garlic
- ✓ 1 tablespoon of chili powder
- ✓ 1/2 teaspoon of sea salt
- ✓ 1/2 teaspoon of cayenne pepper
- ✓ 1/4 teaspoon of black pepper

## HOW TO MAKE IT

1. Soak the small red beans and pinto beans, combined, overnight. Soak them in enough cold water to fully cover the beans, and with 1/4 cup of whey mixed in.
2. The next morning: drain the soak water off of the beans, and then cover them over with fresh water. Boil the beans and water in a stew pot on the stovetop for 15 minutes.
3. 15 minutes later: Drain the beans, and then pour them into your slow cooker. Cover the beans over with fresh water, and cook the beans on low all day. Make sure there is always enough water to fully cover them.
4. Two hours before dinnertime: brown the ground beef, and mix it in with the beans. Mix in all of the other ingredients at this time as well, and continue to cook on low until it's time to eat in a few hours.

## **Meat Loaf**

This meat loaf is one of my favorite suppers. It always turns out so delicious.

## WHAT YOU NEED

- ✓ 1 cup of homemade buttermilk (recipe in chapter two)
- ✓ 3 slices of Amazing Bread (recipe in chapter three)
- ✓ 2 pounds of ground beef, completely thawed
- ✓ 1 onion, diced
- ✓ 1 carrot, peeled and diced
- ✓ 1 celery stalk, diced
- ✓ 2 cloves of garlic, minced
- ✓ 4 tablespoons of butter, softened to room temperature
- ✓ ¼ teaspoon of chili powder
- ✓ 1 teaspoon of pepper
- ✓ 1 teaspoon of sea salt
- ✓ One small can (6 ounces) of tomato paste

## HOW TO MAKE IT

1. Crumble the bread into small pieces and crumbs, and place those crumbs into a large mixing bowl.
2. Pour the buttermilk on top of the crumbled bread, and mix in all of the seasonings, the butter, and the vegetables.

3. Wash your hands, and use them to mix in the raw ground beef. Work the beef into the mixture, until it is well combined.
4. Put the beef mixture into a 9 x 13-inch pan, and spread the tomato paste on top of the meat, like an icing.
5. Bake it at 350 degrees for 1 and a half hours.

While the meatloaf is in the oven, you could have potatoes baking as well. Simply wash the potatoes, poke holes in them, and put them on a cookie sheet in the oven. (No Aluminum foil needed.) They can also bake at 350 degrees for an hour and a half. Your meatloaf and potatoes will be finished cooking at the same time.

Along with the meatloaf and baked potatoes, why not serve up some steamed vegetables as an additional side dish? What a delicious dinner.

### **Slow Cooker Pot Roast**

I love a pot roast that has been slowly cooking for several hours. Not only is it flavorful, but it's also tender, and easy to cut and chew.

#### **WHAT YOU NEED**

- ✓ A beef roast
- ✓ Some red wine vinegar, or cooking wine
- ✓ 4 potatoes
- ✓ one onion



- ✓ 4 carrots

## HOW TO MAKE IT

1. In the morning, cut the onion into slices, and lay them on the bottom of a slow cooker.
2. Place the roast on top of the onions in the slow cooker.
3. Peel the carrots, and chop them coarsely, and lay them along the sides of the roast.
4. Clean and slice the potatoes, and lay those in the pot, next to the roast.
5. Pour a dousing of red wine vinegar, or cooking wine on top of the roast, and then cover the slow cooker, and set it to cook on low all day, until dinnertime.

## **Beef Stew**

I LOVE beef stew! I only make it on occasion, as stewing meat can get pricey. Sometimes I find those deals, where the stewing meat is on reduced price, and needs to be sold that day. That is when I pick up some stewing meat, and make a big pot of beef stew the next day. I slow cook it all day, and it smells so wonderful, and adds that extra twinkle to the comfy, homey feeling.

## WHAT YOU NEED

- ✓ 2 pounds of cubed stewing beef
- ✓ 1 large can of diced tomatoes
- ✓ 1 small can (6 ounces) of tomato paste

- ✓ 3 cups of water
- ✓ 2 teaspoons of chili powder
- ✓ ¼ teaspoon of cayenne powder
- ✓ 2 onions, diced
- ✓ 2 cloves of garlic, minced

## HOW TO MAKE IT

1. Place all of the ingredients into a slow cooker, and mix them together well.
2. Set the slow cooker to cook on the “low” setting, and let it cook all day, until dinnertime.

## **Roasted Chicken**

The next four recipes could possibly be done with one large, whole chicken. This, of course, depends on how large of a chicken you use, and how many people you are feeding. If you have any leftover chicken, then you can use it for the three recipes after this one.

## WHAT YOU NEED

- ✓ A whole chicken, without giblets (or remember to remove the giblets, if it came with them)
- ✓ 4 potatoes
- ✓ 4 carrots
- ✓ 3 stalks of celery

- ✓ 1 onion
- ✓ 2 cloves of garlic, minced

## HOW TO MAKE IT

1. Slice the onion, and place the slices in the bottom of the pot of a slow cooker.
2. Place the chicken on top of the onions.
3. Clean and slice the potatoes, and place those around the chicken.
4. Peel and coarsely chop the carrots, and place those by the chicken's sides.
5. Chop the celery, and place it next to the chicken.
6. Place the minced garlic on top of the chicken.
7. Put the lid on the slow cooker, and let it cook on "low" all day, until dinnertime.

## **Chicken and Dumplings**

Who doesn't like Chicken and Dumplings? I used to put my dumpling dough right on top of the creamy chicken mixture, and let the dumplings cook with the rest of the dish, but it would be hard to get the dumplings to cook all the way through this way, and with the delicate, cooking dumplings on top, I was unable to stir the mixture, and some would burn onto my cooking pot. That was always hard to clean later on.

Now I make the dumplings separate, and add them to the mixture at a certain time, as you shall see...

## WHAT YOU NEED

- ✓ A double-batch of homemade white sauce (recipe in chapter two)
- ✓ Homemade whole-wheat drop biscuits (recipe in chapter three)
- ✓ One cup of canned or frozen diced carrots
- ✓ One cup of canned or frozen peas
- ✓ 1 cup of homemade buttermilk (recipe in chapter two)
- ✓ 2 cups of whole milk
- ✓ 1 cup of cooked chicken (or one 13 oz can of chicken)
- ✓ 1 teaspoon ground black pepper
- ✓  $\frac{1}{4}$  cup shredded cheddar cheese

## HOW TO MAKE IT

1. Make some whole-wheat drop biscuits according to the recipe in chapter three.
2. While the biscuits are baking, make a double-batch of white sauce, following the recipe in chapter two.
3. When the biscuits are done, set them to the side, until needed. Meanwhile, add the milk, buttermilk, and vegetables, pepper, and cheese to the double batch of white sauce.
4. Cook on low heat for 5 minutes, then put 8 drop biscuits on top of the mixture, and spoon some of the mixture on top of the biscuit dumplings to get them

wet, and get some of the flavoring in them. Save the left over biscuits for having Biscuits and Gravy as part of tomorrow's breakfast.

5. Cook on low for another 5 minutes, and then turn off the heat, and it's ready to serve.

## **Chicken Soup**

Every time you cook a whole chicken in your slow cooker, use the bones and the juices from the cooked chicken to make a chicken stock.

Place the chicken bones and the chicken's own cooking juices into a cleaned slow cooker. Add ¼ cup of apple cider vinegar, and then fill the pot up with COLD water, up to about 3 inches from the top.

Set the slow cooker on "low," and leave it going over night (starting it after dinner) until the next morning.

The next morning: Place a large, stainless steel bowl in the kitchen sink, and place a pasta-strainer inside the bowl. Pour the contents of the slow cooker through the strainer, such that the good chicken stock liquid goes into the bowl, but the bones and such stay in the strainer.

Wipe out your slow cooker pot quickly – it doesn't have to be perfect, and then pour the strained chicken stock, from the bowl, back into your slow cooker, and get ready to make some chicken soup.

### Making Chicken Soup

In the morning, add to the chicken stock the following:

- ✓ Four peeled and diced carrots

- ✓ Three diced celery stalks
- ✓ One diced onion
- ✓ Two minced cloves of garlic
- ✓ One cup of cooked chicken

Set the slow cooker to “low,” and leave it alone, until two hours before dinnertime.

Two hours before dinner: Add the following to the soup in the slow cooker and mix:

- ✓ 1 tablespoon of sea salt
- ✓ 1 teaspoon of pepper
- ✓ 1 cup of uncooked brown rice

Let it continue to cook for two more hours, and then it will be ready to serve. This homemade chicken soup is wonderful, served up with salad on the side.

## **Black Beans and Rice**

If you made some chicken stock, as per the instructions in the above recipe, but you didn’t get a chance to make soup, then you can use the stock to make an amazing dinner of Black Beans and Rice. This can also be made with water in the place of the chicken stock, but you won’t have that “special flavor” that the chicken stock brings.

### **WHAT YOU NEED**

- ✓ 1 pound of dried black beans
- ✓ ¼ cup of homemade whey (recipe in chapter two)

- ✓ water
- ✓ Chicken stock, or water
- ✓ 1 stick of butter (Use the butter if you're using water instead of chicken stock. If you're using chicken stock, then omit the butter.)
- ✓ 2 cups of uncooked brown rice
- ✓ 1 tablespoon of sea salt
- ✓ 1 teaspoon of pepper

## HOW TO MAKE IT

1. The night before: sort the black beans, and set them in a large container. Pour  $\frac{1}{4}$  cup of whey on top of the beans, and then cover them over with cold water. Use a spoon to mix the whey and water with the beans. Cover the container, and leave it sitting on the counter until the next morning.
2. The next morning: drain the beans, cover them over with fresh water, and boil them on the stovetop for 15 minutes.
3. Drain the water off. If you are using chicken stock, then pour that over the beans. You want enough stock to completely cover the beans. Add water to help increase the amount, if needed. If you are using water, then cover the beans over with water, and then put one stick of butter on top of the beans. Cook the beans in a slow cooker on "low" until about two hours before dinnertime.

4. Two hours before dinner: mix in the salt, pepper, and uncooked brown rice, and continue to cook on “low” for two more hours.
5. Two hours later: Stir it, and then it’s ready to serve.

## **Lentils and Rice**

Lentils and Rice is also a fantastic supper dish. Follow the recipe for Black Beans and Rice, but use one pound of dried lentils instead of the black beans.

## **Salmon Casserole**

This is an easy-to-make casserole, and it is so yummy and good for you as well.

### **WHAT YOU NEED**

- ✓ 1 and ¼ cup of uncooked, whole-wheat Rotini pasta
- ✓ 1 batch of homemade cheese sauce (recipe in chapter two)
- ✓ 1 can of salmon
- ✓ 2 cups of frozen or fresh broccoli, cut in small pieces
- ✓ 2 slices of Amazing Bread (recipe in chapter three)

### **HOW TO MAKE IT**

1. Get some water boiling, and cook the pasta. While the pasta is cooking, get out a skillet, and make a batch of



homemade cheese sauce, as per the recipe in chapter two.

2. Drain the can of salmon, and use a fork to mash it up.
3. Mix the cooked pasta, broccoli, and salmon in the homemade cheese sauce.
4. Use butter to grease an 8-inch square baking dish.
5. Pour the mixture into the baking dish.
6. Break up the slices of Amazing Bread (recipe in chapter three) into small pieces and sprinkle them on top of the casserole mixture.
7. Bake the casserole at 350 degrees for 25 minutes, and then it's done.

### **Mackerel Casserole**

Follow the same recipe as Salmon Casserole, but use a can of Mackerel fish instead.

### **Tuna Casserole**

Follow the same recipe for Salmon Casserole, but use two drained cans of tuna fish instead.

### **Salmon on Rice**

If you live in an area where fresh fish is in abundance, and can be gotten for cheap, then by all means, bake some fresh salmon, and use that for this recipe. If you live in an area like

mine, then fresh (or even frozen) fish costs big bucks. Therefore, I gladly use canned Salmon, which is just about as good as fresh. There is usually no preservatives or chemicals in the can; just Salmon, and maybe some salt to help naturally preserve it.

This is a quick and easy meal...

## WHAT YOU NEED

- ✓ 2 cups of uncooked brown rice
- ✓ 2 cans of salmon
- ✓ ½ cup of butter
- ✓ 1 teaspoon of sea salt
- ✓ some ground, black pepper

## HOW TO MAKE IT

NOTE: The way the rice is prepared in this recipe is how I prepare basic rice, which I use for various dishes, or as a side dish.

1. Boil the rice, until it is fully cooked.
2. Drain the water off of the rice, and then immediately mix in the butter, salt, and pepper.
3. Drain the cans of salmon, and gently remove them from the can, and try not to break them.
4. Heat the salmon in the oven for 10 minutes at 350 degrees. (Canned salmon is fully cooked, so you don't have to worry about it being under-cooked).

5. Serve the heated salmon on top of a bed of rice on each plate. Sprinkle ground black pepper over the top of each salmon piece. It tastes great this way. When a bit of the salmon is eaten with a bit of this rice, it tastes amazingly delicious. Basic Brown Rice and warmed canned salmon go very well together.

## **Salmon Loaf**

You've heard of meat loaf, right? Well here is a meat loaf recipe, except the meat isn't beef, it is canned salmon.

If you have trouble eating fish, because of it's "too fishy" flavor, then eating it in the form of a fish loaf, such as Salmon Loaf, may help you. Salmon Loaf takes a lot of the "fishiness" out of the flavor.

### **WHAT YOU NEED**

- ✓ 1 can of salmon
- ✓ 2 slices of Amazing Bread (recipe in chapter three)
- ✓ 1/3 cup of diced onions
- ✓ 1 clove of minced garlic
- ✓ 1/4 cup of whole milk
- ✓ 2 omega-3 eggs
- ✓ 1/4 teaspoon of pepper

### **HOW TO MAKE IT**

1. Drain and mash the salmon from the can, and place it into a mixing bowl.

2. Crumble the slices of bread into very small pieces and crumbs, and put them on top of the salmon.
3. Add all of the rest of the ingredients to the bowl, and mix well.
4. Use butter to grease a 9-inch loaf pan, and put the salmon mixture into the loaf pan.
5. Bake it at 350 degrees for 45 minutes.

### **Mackerel Loaf**

Follow the same recipe as above, but use canned Mackerel fish, instead of canned salmon.

### **Salmon Patties**

These are wonderful salmon patties. They hold together pretty well, and they taste so good, that no sauces or condiments are needed. They can be eaten by themselves, if desired.

### **WHAT YOU NEED**

- ✓ 1 can of salmon
- ✓ 1 slice of Amazing Bread (recipe in chapter three)
- ✓ ½ cup of chopped onion
- ✓ 3 heaping tablespoons of omega-3 mayonnaise
- ✓ 2 omega-3 eggs
- ✓ 1 teaspoon of butter, softened to room temperature

- ✓ ¼ teaspoon of pepper

## HOW TO MAKE IT

1. Mix all of the ingredients together.
2. Form the loose mixture into 8 patties, and place the patties on a greased cookie sheet.
3. Bake the patties for 45 minutes at 350 degrees.

## **Legume Stews**

Legumes are peas, green beans, beans, peanuts, etc. For making legume stews, I suggest you use such legumes as dried lentils, split peas, black beans, pintos, etc.

If I use black beans, then I'm making a "black bean stew." If I use lentils, then I say I'm making a "lentil stew." If I decide to use split peas, then I say I'm making a "split pea stew," etc.

## WHAT YOU NEED

- ✓ 1 pound of dried legumes of your choice
- ✓ water
- ✓ 1 stick of butter
- ✓ ¼ cup of homemade whey (recipe in chapter two)
- ✓ 3 carrots, peeled and diced
- ✓ 3 stalks of celery, diced
- ✓ 1 onion, diced

- ✓ 2 cloves of garlic, minced
- ✓ 1 tablespoon of sea salt
- ✓ 1 teaspoon of pepper

## HOW TO MAKE IT

1. The day before you plan to have this meal, sort the dried legumes, then soak them in a covered container of whey and water, overnight. Leave the covered container sitting on the counter.
2. The next morning: Drain the water off of the legumes, and put them into a pot and cover them with fresh water. Boil them for 15 minutes.
3. Drain the water, put the legumes into a slow cooker, and cover them over with fresh water, and put in one stick of butter, and all of the veggies.
4. Put the lid on the slow cooker, and set it to cook on “low” all day, until about two hours before dinnertime.
5. Two hours before dinner: Stir in the salt and pepper, and let it continue to cook for two more hours, and then it’s ready.

## **Cabbage Salad**

This makes an excellent side dish, is easy to make, and is a hit at potlucks. Note: This dish will likely have some MSG in it, because some Ramen noodle seasoning is used.

## WHAT YOU NEED

- ✓ ½ head of cabbage, chopped

- ✓ 2 bunches of green onions, chopped
- ✓ 1 package of Ramen Noodles (uncooked), chicken flavor
- ✓ ½ cup of sunflower seeds
- ✓ ½ cup of extra virgin olive oil
- ✓ 3 tablespoons of apple cider vinegar
- ✓ 2 tablespoons of white sugar
- ✓ ½ teaspoon of pepper
- ✓ ½ teaspoon of sea salt

## HOW TO MAKE IT

1. In a large mixing bowl, combine the cabbage and green onions.
2. Open the package of Ramen Noodles. Put the seasoning packet off to the side to use later. Break up the raw Ramen noodles into small chunks, and mix them in with the cabbage and green onions.
3. In a separate mixing bowl, combine the olive oil, vinegar, sugar, salt, pepper, and the seasoning from the packet that came with the Ramen Noodles.
4. Pour the dressing mixture on top of the cabbage mixture, and mix well.
5. Place plastic wrap over the top of the bowl, and chill it in the fridge for 4 hours. During that time, the Ramen Noodles soften to a perfect texture that is easy to chew, and the other flavors marinate and blend together.

6. After the 4-hour chilling time in the fridge, the Cabbage Salad is ready to eat.

Seriously – try this recipe. It is REALLY good.

### **Broccoli Marinade**

This is my favorite special side dish. I try to make it a few times a year, for special occasions.

#### WHAT YOU NEED

- ✓ 2 cups of omega-3 mayonnaise
- ✓ ½ cup of white sugar
- ✓ 3 tablespoons of apple cider vinegar
- ✓ 2 big bunches of broccoli
- ✓ 1 package of bacon
- ✓ ¼ cup of chopped onions
- ✓ ½ cup of raisins
- ✓ ¼ cup of sunflower seeds

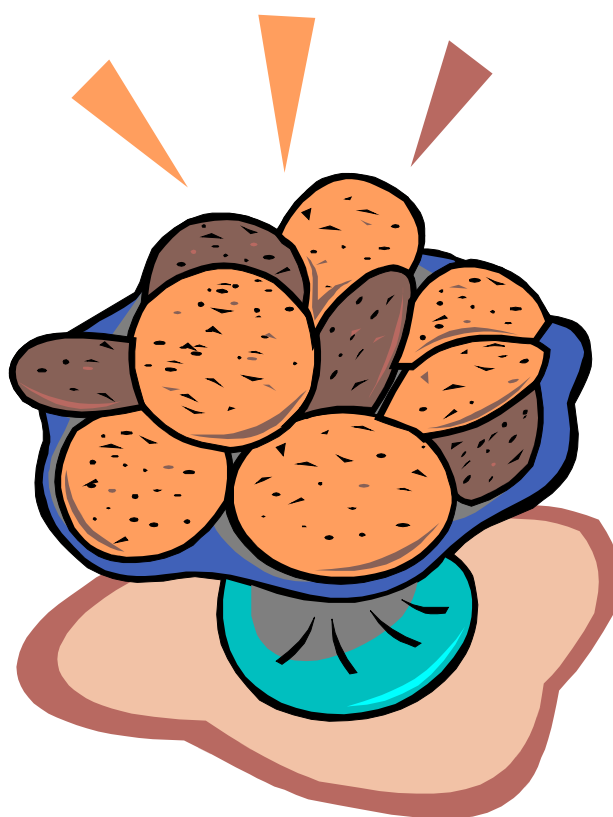
#### HOW TO MAKE IT

1. Chop the broccoli into small florets.

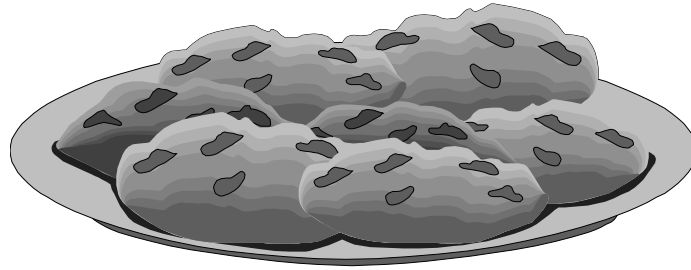


2. Cook the whole package of bacon, and then crumble the bacon into small pieces.
3. Combine the broccoli, bacon, and all other ingredients together, in a large bowl.
4. Cover the bowl over with plastic wrap, and put it into the fridge to marinate overnight.
5. The next day, it will be ready to eat.

## Desserts and Treats



This section is not going to contain a whole lot of recipes, because let's face it: cookies, cake, and brownies just are not good for us, and we should not eat them very often.



### **Make You Fat Brownies**

These brownies are excruciatingly delicious, so be careful when you make and consume them. This recipe is also unique, in that you don't have to run out and buy any type of bitter cocoa or baker's chocolate. In fact, you may already have all of the needed ingredients on hand, for making the world's most delicious brownies (in my opinion).

#### **WHAT YOU NEED**

- ✓ Six tablespoons of butter, softened to room temperature
- ✓  $\frac{1}{2}$  cup of white sugar
- ✓ 1 egg
- ✓  $\frac{1}{4}$  teaspoon of baking powder
- ✓  $\frac{1}{4}$  teaspoon of salt
- ✓  $\frac{1}{2}$  teaspoon of vanilla extract
- ✓ 1 tablespoon of water

- ✓  $\frac{3}{4}$  cup of powdered hot chocolate mix. The Swiss Miss brand works fabulous for this particular recipe
- ✓  $\frac{2}{3}$  cup of white flour (you can use wheat flour instead, which makes the brownies darker and not as sweet. The wheat flour alters the texture, though.)
- ✓ (optional, but great) one handful of caramel chips

## HOW TO MAKE IT

1. Use a fork to cream the butter and sugar together, and then mix in all of the other ingredients, except for the hot chocolate mix and flour. Once the other ingredients are well mixed, mix in the hot chocolate mix. Mix in the flour last. (I used the word “mix” a lot, didn’t I?)
2. Pour the brownie batter into a well-buttered 2-quart 11 x 7-inch baking pan.
3. Bake the brownies at 350 degrees for 25-30 minutes. At 25 minutes, stick a fork or toothpick into the center, and if it comes out clean, then the brownies are done. Else, bake them for another 5 minutes, and check them again. If they are still not done, then bake them longer, and keep checking. The brownies are fully baked, when an inserted fork or toothpick comes out clean, and the sides of the brownies start pulling away from the sides of the baking pan.
4. Stick the pan of brownies in the fridge for about 45 minutes to cool them completely.
5. Remove the brownies from the fridge, and use a butter knife to cut them into squares, and enjoy a very delicious experience. Don’t cut the brownies until they are fully cooled.

## **Apple Caramel Cake**

This makes a fun birthday cake, or is good for any special occasion. This is a no-frosting cake.

#### WHAT YOU NEED

- ✓ 3 cups of white flour
- ✓ 1/2 teaspoon of aluminum-free baking powder
- ✓ 1 ½ teaspoons of sea salt
- ✓ 3 tablespoons of extra virgin olive oil
- ✓ 1 1/3 cup of white sugar
- ✓ 1 cup of whole milk
- ✓ 3 medium apples
- ✓ 1 ½ cups of brown sugar
- ✓ 1 teaspoon of cinnamon
- ✓ 2 cups of water

#### HOW TO MAKE IT

1. In a medium to large mixing bowl, mix together the flour, baking powder, salt, and olive oil.
2. Add in the white sugar and milk, and mix some more. This will form a thick, sticky paste. If the mixture is too dry, then you can add 1/8 cup of water to make the batter wetter.
3. Scrape the thick batter out of the bowl, and put it into an ungreased, glass 9x13 baking pan, and spread it around evenly.

4. Peel and thinly slice the apples.
5. Lay the apple slices on top of the cake batter.
6. Mix the brown sugar and cinnamon together, and sprinkle it on top of the apples.
7. Boil the 2 cups of water, and pour the hot water on top of the apples and batter. This will make your 9x13 pan full, with brown water floating on top.
8. Carefully move the pan to the oven, and bake at 350 degrees for an hour. While it is baking, the brownish water will move down through the cake, and mix with other ingredients to form a delicious caramel on the bottom of the cake.

This cake is a non-frosting cake. When it comes out of the oven, you'll have baked apples on top of it, and caramel on its bottom. This is a great birthday cake to serve in the same bowl with vanilla ice cream. This cake often gets complimented, when it is brought to gatherings.

## **Easy Oatmeal Cookies**

This is a variation of a friend's family recipe.

### **WHAT YOU NEED**

- ✓  $\frac{3}{4}$  cup of butter, softened to room temperature
- ✓ 1 cup of white sugar
- ✓ 2 eggs
- ✓  $\frac{1}{4}$  teaspoon of salt

- ✓ 1 teaspoon of cinnamon
- ✓ 1 teaspoon of baking powder
- ✓ 1/3 cup of milk
- ✓ 3 cups of oatmeal
- ✓ 1 teaspoon of vanilla extract
- ✓ 1 cup of white flour
- ✓ 1 ½ cups of raisins

#### HOW TO MAKE IT

1. In a large mixing bowl, cream the butter and sugar together.
2. Mix in the eggs, vanilla, salt, cinnamon, baking powder, and milk.
3. Mix in the flour, and then mix in the oats.
4. Fold in the raisins.
5. Drop the batter by tablespoonfuls on a greased cookie sheet, cook at 375 degrees for 15 minutes.

This recipe makes approx. 4-dozen cookies.

#### **Simple Peanut Butter Fudge**

I love peanut butter fudge, and find myself making it around the holidays.

### WHAT YOU NEED

2 cups of white sugar

½ cup of milk

1 teaspoon of vanilla

¾ cup of peanut butter

NOTE: Do not use natural peanut butter with this recipe, as it seems to affect the way the fudge holds together, and it doesn't work. Use the cheap, store brand peanut butters for this recipe, and it should turn out just fine.

### HOW TO MAKE IT

1. Put the sugar and milk into a small pot on the stovetop, and mix.
2. Bring the mixture to a boil. Continue the boil for two minutes, while you continuously stir it.
3. Remove the pot from the heat, and immediately mix in the vanilla and peanut butter. You must do this step quickly, before the mixture starts to harden. It hardens as it cools.
4. Spread the mixture into a greased, 13 x 9-inch baking pan.
5. Sit the pan on the counter, and let it cool completely before you cut it into squares.

See? Simple.



## **Sweet Potato Casserole**

This my personal recipe, is a hit every time I make it. In fact, it's my favorite part of our New Year's and Thanksgiving feasts. I LOVE this stuff...

### **WHAT YOU NEED**

- ✓ 3 large sweet potatoes, or several small ones
- ✓ 1 cup of white sugar
- ✓ 1/2 cup of milk
- ✓ 1/3 stick of butter
- ✓ 1/2 teaspoon of salt
- ✓ 1 teaspoon of vanilla extract
- ✓ 2 eggs
- ✓ some brown sugar
- ✓ some mini marshmallows

### **HOW TO MAKE IT**

1. Peel the sweet potatoes, chop them into smaller chunks, and cover them over with water. Boil them until they are soft.
2. Drain the water from the sweet potato chunks, and then put the cooked sweet potatoes into a large mixing bowl. Use a fork, masher, or mixer to mash them smooth.
3. Mix the sugar, milk, butter, salt, vanilla, and eggs in with the mashed sweet potatoes.
4. Pour the mixture into a greased 9x13 baking dish.

5. Grab some brown sugar with your clean hands, and just start sprinkling it on top, until there is a very thin layer of brown sugar on the whole top surface of the mixture.
6. Grab some mini marshmallows, lay them down on top of the sweet potato casserole.
7. Bake at 350 degrees for 35 minutes, and then it's all done.

## **Crazy Delicious Cranberry Cobbler**

### WHAT YOU NEED

- ✓ 3 cups fresh cranberries
- ✓ 1 and ½ cups white sugar
- ✓ ½ cup chopped walnuts
- ✓ 2 eggs
- ✓ ¾ cup white flour
- ✓ 1 stick (half cup) of real butter, softened

### HOW TO MAKE IT

1. Mix together ¾ cup sugar, cranberries, and walnuts. Pour this into a greased 9-inch pie pan.
2. With an electric mixer, beat eggs until they are fluffy, and then mix in another ¾ cup sugar, the flour, and the butter.
3. Pour above mixture into the pie pan, on top of the cranberry mixture.

4. Bake at 325 degrees for 55 minutes.

This concludes *The Joyful Christian Homemaker* book. I pray it has blessed your heart.